OPEN YOUR LIFE TO INFINITE GOOD

Gayle Bachicha

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A Handbook Of Spiritual Practice With Themes For Daily Reflection

by

Roy Eugene Davis

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In all people, all forms, and all circumstances, I see the creative activity of God.

In all faiths, all inspired religions, all enlightenment traditions, I see God working to call forth the divine nature of seeking souls.

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Open Your Life to Infinite Good

There is a source to which we can turn which never fails us. From this source, all forces flow and all good expresses. This source is God, the infinite field of consciousness.

What is more, each one of us is a specialized unit of this field of consciousness and we are as waves on the cosmic ocean. We are endowed with all of the attributes and characteristics common to the larger field. It is true, therefore, that all power resides within us and that we are nourished and supported by the larger life in which we live, move and have our day-to-day experiences.

We are not here discussing a mystical process, although mystics throughout the ages have clearly discerned this unfolding process because of their keen powers of intuition and discernment. We are discussing something very real and immediately practical. We are contemplating the possibilities of learning to live in harmony with the natural urge of life to express in the direction of unfoldment, growth, harmonious creativity and final fulfillment. What we now examine is for every person, regardless of background, religious affiliation (or lack of it) and station in life. The goodness of life is available to each and every person who is conscious enough to be aware of it, and who will assume personal responsibility for being open to the flow. When we are open to the flow of life we are then in harmony with the evolu-

tionary forces which carry creation in the direction of final purpose. It is life's will, it is God's will, that we unfold and express our soul potential. How do we know this? We know this because, as we look about our world and observe the processes of nature, there is an evolutionary trend in the direction of completion. If this trend is resisted, nature does not unfold her perfect potential. Remove the restrictions and arrange conditions so that the evolutionary energies can flow without interference, and results are predictable.

Whatever unfolds in the direction of completion of purposes is nature's will; it is God's will, and we pronounce it good. God's goodness is willing to express in our lives as soon as we learn to open ourselves to it. This is the teaching of the ages. This is the truth. This is how life is. All who have consciously harmonized with this process can attest to it. But the fact that others have experienced positive response is of little value to us—unless we acquire our own personal experiences, until we actualize, make real, the principles. It is on the field of daily life that we have the opportunity to open our lives to infinite good and to prove the teaching. The best way to proceed is to begin now, rather than await a moment of severe challenge or unexpected crises. Make friends with the power that nourishes the universe while you can and you will never have to be without the benevolent and supportive influence of God in your life.

This book has been designed to afford you the opportunity to daily contemplate basic principles of mind and consciousness and apply them with diligence. The inspirational themes will quicken your soul nature and the affirmations will encourage you to order your thoughts and feelings so that soul qualities and abilities will more freely and easily be unfolded and utilized. The ninety-one themes have been selected for use on a daily schedule, for thirteen weeks. After completing the themes, begin again for the next one-quarter of the year. In this way you can use this

book as a daily guide for years. After completing the themes you may follow your guidance and use them at random. However, there is usefulness in discipline and careful scheduling of reading and contemplation.

The material at the end of the book has been included to deepen your understanding, guide your progress and motivate you in the direction of ultimate fulfillment. Repeated reading of these chapters will reinforce your spiritual resolve and serve as a reminder of essential truths. The presentation is universal and is of equal usefulness to persons of any faith and of any spiritual discipline.

I have prepared this book with love, to serve you well. It is designed to meet human needs from a level of spiritual understanding, and to encourage one and all in their soul quest. I can assure you of the validity of the principles and of the usefulness of the processes.

Each day, adjust your mental outlook on life with purpose so that you are both responsible and responsive. Do your very best, always, and expect the very best, because you are designed to function as a conscious and totally fulfilled person.

NOTE: The Authorized King James Version of the Christian Bible is the primary source for quotations used in the themes which follow. Other sources are identified in the text. Quotations with no identifying reference are by the author.

THE POWER OF THE AFFIRMATIVE WORD

The written word carries within it the intention and the consciousness of the person who sends it forth. This is why the writings of enlightened people are so useful to us. We receive not only information, we receive the presence and reality of an illumined mind and consciousness.

Our spoken word orders thoughts and feelings and contributes influence to our environment. Therefore, speak with conscious intention, always. Be aware that you are influencing your own mind and your world when you speak.

Think and speak only what is uplifting, what is constructive and what you want to be true in your life. Think and speak only what is uplifting, what is constructive and what you want to be true for others.

When speaking for the purpose of clearing your mind, ordering your feelings and awakening soul abilities, do so until you actually feel definite change in the direction of your ideal. Use the affirmations at the end of each theme with conscious conviction. Read them aloud, with feeling, until you experience an upsurge of positive response, until the reality of that which is affirmed is felt in the very cells of your body.

Let the affirmative theme float in your mind during the day, to keep you centered and to maintain the awareness of truth that has been experienced.

First Day
MANIFEST HEAVEN ON EARTH

When ye pray, say, Our Father which art in heaven, hallowed be thy name, Thy kingdom come, Thy will be done, as in heaven, so in earth. *– Luke 11:2*

Supreme Consciousness is the origin of all things and all forms proceed from It. True students of the path fix their minds on Supreme Consciousness and surrender self-will, enlighten each other with constructive conversation and remain content in the realization of Truth. *– Bhagavad-Gita*

When we pray we open ourselves to the infinite ocean of consciousness and we invite the flow of life to so express that our world is that of harmony and right action. In subtle spheres, order already exists. We can invite order and fulfillment of purposes into our world as we open ourselves to life's goodness. How do we do this? We do it through prayer, meditation and the cultivation of the virtues. We do it by opening the windows of the mind and by training ourselves to see the good and the possible. Life wants to express through us. Our role is to see to it that we are open to life and to be alert and responsible in all circumstances.

Beyond prayer activity, we can also enter into positive relationships with our world. We can share our inner radiance with friends and acquaintances. We can be examples of the life divine.

I open myself to the infinite good I deserve and can experience. I rejoice to know that the more I am open to this flow of good, the greater is the expression of it.

Second Day
ALL THINGS PROCEED FROM THE SOURCE

In the beginning was the Word, and the Word was with God, and the Word was God. – All things were made by him; and without him was not any thing made that was made. *– John 1:1 & 3*

The whole universe is all unified in Supreme Consciousness. Man cannot comprehend this so (to make the cosmic vision possible) divine sight will be given the seeking soul. *– Bhagavad-Gita*

The Word is the creative-energy-force flowing from the field of infinite consciousness in the direction of full material manifestation. The source and the outer results are, therefore, one. God is all in all and is the very substance of all form. Forms appear and fade from view but consciousness remains. Unawakened man cannot comprehend this truth so inner awakening is necessary. When inner awakening is experienced, even partially, one begins to see the beautiful order and reality of all processes of nature. We are not to think in terms of God and the world. We are to realize God *as* the very world we perceive and experience. This is not to say that God is the world. Rather, God is omnipresent consciousness which formed the worlds, pervades them, maintains them and regulates them. God has specialized as you and as me in order to express in a more particular way.

I inwardly acknowledge the truth that the energy of God manifests as my world. Daily, as I awaken to greater degrees of understanding, I see God everywhere and in all circumstances. God has a plan for this world. God has a plan for me.

Third Day
FULFILLING DESTINY

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. – *John 1:12*

Even on earth the world is transformed by those whose minds are established in the vision of oneness. – *Bhagavad-Gita*

God's goodness is available to us to the degree that we are open to receive and accept it. When we surrender to God (believe on His name) we experience new awareness. We awaken from the dream of mortality to discover our real nature as divine beings. The son of man is the soul which is fully identified with mental processes. The son of God is what we really are and this awareness can be unveiled. When we are established in the perception of oneness, when we live out of enlightened consciousness, our personal world is transformed and this extends to the world at large.

Transformation of planetary consciousness begins with us. Do you see how important you are to the world process? Do you see how it is that God wants to express through you to fulfill His purposes? All souls are destined to awaken fully and to know their nature as expressions of the larger life. The sooner we awaken, the sooner is our liberation and fulfillment.

I now accept the truth of my being. I now accept my true status as an expression of God. I rejoice in this clear recognition of the truth. I anticipate ever-new perceptions of life.

Fourth Day
THE NEW BIRTH

Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. – *John 3:5*

The casual matter can be observed but it is the Invisible that constitutes the true being. – *Lao Tzu*

There is no mystery to the need for man to be born again. We are born into material elements and have forgotten our origins. When we yearn to know the truth about life, when we turn to the source of all that is, we experience spiritual awakening. This is the second birth, the spiritual baptism which enables us to comprehend what was, before, incomprehensible. When we perceive through the senses we observe the outer, the forms. When we see with the eye of intuition and with our purified intelligence, we see clearly the world of form and the inner causes behind surface appearances. We can learn to see this perfect sphere and call it forth into expression so that our material world is glorified and made radiant. The kingdom of God is experienced whenever we see clearly and know the truth about life.

Sooner or later, the inner stirring of the soul will be experienced and the divine in us will emerge to pursue its destined role in the creative process. This will happen as a conversion experience or circumstances will contrive to contribute to soul awakening.

I surrender myself to infinite good. I relax and allow the unveiling of my soul nature. I do not resist spiritual awakening. I trust God and welcome growth.

Fifth Day
YOU ARE ALREADY FULFILLED

Beloved, I wish above all things that you mayest prosper and be in health, even as thy soul prospereth. *– 3 John:2*

The whole of creation exists in you and it is your destiny to become increasingly aware of its infinite wonders and to experience ever greater portions of it. *– Neville*

At the soul level we are already bright, functional and fully capable. We are immortal beings, in partnership with God's unfolding plan. Why, then, do we not always behave as free beings? Two major reasons serve to answer the question. One, we may be reasonably aware but be restricted because of mental, emotional and physical conditionings and patterns. Two, we may need to surrender self-sense in order to realize the infinite ocean of consciousness. The ideal is to awaken to the full awareness of our divine potential.

When we do this we experience health and function on all levels of life experience. The whole of creation is reflected within us because God indwells us, as us. The wave is but the surface appearance of the ocean. It is like this with us and God. Every day, be open to the reality of life around you and within you. Every day, trust more and more in the goodness of life. Every day, feel more and more fulfilled and act from this realization.

I open myself to become increasingly aware of the reality of my being. I open myself to the infinite and endless source of all good. Thank you, God, for this knowing!

Sixth Day
FAITH IS SEEING *WHAT IS*

Now faith is the substance of things hoped for, the evidence of things not seen. *– Hebrews 11:1*

Learn that by humble reverence, by inquiry and by service the knowledge which can be yours. The men of wisdom who have seen the truth will instruct you in knowledge. *– Bhagavad-Gita*

We live in a world of appearances, subject to change and always responsive to our intentional view of it. Today's circumstances need not be considered as permanent and unyielding. Even if we do not behold harmony and right action in our lives now, even if we do not see any evidence of real prosperity, to the degree that we can see the good we can call it forth. It is not that we always have to change conditions, it may be that we can see the good already available and identify with it. We can accept on faith the teachings of enlightened men and women. We can then test the teachings and prove them real in personal experience.

Live with courage, order your thoughts and feelings, see what is possible and then rest in the inner conviction that all is well. Know that you are a wonderful person, a unique expression of the divine, and then ask God to be your special friend. Through faith we can even call forth, from unseen realms, that which is desirable and useful. The power of God is within us.

What is true of life is what is unfolding from the inside into outer expression. I see what is so, I see the truth. If need be, I call forth from the unseen realms that which is good and useful.

Seventh Day
WHO ARE WE?

When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained: What is man, that thou art mindful of him? and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast crowned him with glory and honour. *– Psalms 8:3-5*

The views of space and time which I wish to lay before you have sprung from the soil of experimental physics, and therein lies their strength. They are radical. Henceforth, space by itself and time by itself are doomed to fade away into mere shadows, and only a kind of union of the two will preserve an independent reality.

– Hermann Minkowski

We are unique expressions of pure consciousness, working through mind and body to participate in the unfolding drama of relative life. We have come from the infinite ocean of consciousness and to it we will one day return. Man is designed to comprehend the nature of the universe and his relationship with God. Possessed of such understanding man is able to live as a cosmic citizen and to experience omnipresence, omnipotence and omniscience. The problem for many people is that they think in small terms and they dream small dreams.

Think in large terms. Dream large dreams. Smallness and bigness are relative and are meaningless to God. We limit ourselves and we set ourselves free, depending upon how we agree to live in relationship with our world.

As I contemplate the wonders of life I open myself to infinite knowledge and infinite capacities. Every moment I expand awareness in the direction of understanding and total freedom.

Eighth Day
WHEREVER I AM, GOD IS

I will praise thee, O Lord, with my whole heart; I will shew forth all thy marvellous works, I will be glad and rejoice in thee.
– Psalms 9:1, 2

God is closer than your breath, nearer to you than the nearest and dearest thing you can imagine. *– Paramahansa Yogananda*

Until we are established in God-consciousness we think in terms of God as the Lord or ruler of the universe. We draw ourselves into God-consciousness by acknowledging God, by surrendering to the larger ocean of life, and by opening ourselves so that God can express more and more through us. The greater our awareness of God, the more happy we are. God-consciousness results in ecstasy because when we are free from restriction we know serene bliss. It is futile to search outside of ourselves for God, because God indwells us, as us.

God is manifesting as all that is. Take your attention from troubles and contemplate the reality of God. The more we know God, the more fulfilled and functional we are. Because God is omnipresent, God is everywhere. God dwells right where we are and has only to be consciously acknowledged. See God in every condition. See and experience God, always.

I am happy. I rejoice because I am an expression of God, and God is my companion and my support right where I am. God never fails to unfold good in my life because God is like this.

Ninth Day
THE DISCIPLINED LIFE

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. – *Romans 12:1*

Through nature there is purification of the dense matter; through discipline, purification of the fine matter; through meditation, purification of the mental field. – *Yoga Sutras*

The more pure and refined the physical body, the subtle essence of the body, and the mind—the more easily can soul influences express as intended. There can be no success on the spiritual path without intentional discipline designed to insure that the body is clear and responsive to the needs of the soul. The body is cleansed as a result of rest, recreation, ideal nutrition and suitable exercise. The various restricting patterns at the emotional level are cleared as a result of the practice of patience in the face of all circumstances. The mental field is cleansed as a result of superconscious forces which become influential when we meditate correctly and when we open ourselves to infinite good.

It is well to study and meditate. It is well to trust God in all matters. It is also well to attend to any disciplines which are useful to contribute to the ordering and renewing of the body, nervous system and mental field. The spiritual path requires that we approach the process in an intelligent and balanced manner.

Every day I do all I can to encourage the free flow of consciousness and energy through body and mind. I discard all destructive habits and practice and cultivate the ideal procedures which contribute to wellness and function.

Tenth Day
RENEWAL AND TRANSFORMATION

And be not conformed to this world: but be you transformed by the renewing of your mind... – *Romans 12:2*

The most momentous thing in human life is the art of winning the soul to good or evil. – *Pythagoras*

To conform to the world is to conform to opinion, false ideas and wrong notions about the life process. The ideal is to experience renewal and transformation as a result of inner awakening. It is a great waste to go through life trapped in attitudes and circumstances of a restricting nature. Good is that which is the outcome of evolutionary forces. Evil is a term used to designate that which is less than good. Whatever we think, feel or do that assists us in the direction of destined fulfillment is good. Whatever we think, feel or do that interferes with this process is to be avoided.

Rise free of false beliefs and attitudes and learn to clearly see and know the truth. It takes practice and daily attention to details, but you will soon attain mastery if you give yourself to the process. We want to be free. We want to unfold. Do not stop on the path until the goal is experienced. Be willing to accept useful change. Be willing to grow, to mature, to come into your true destined place in life.

Today I am renewed and transformed because my mind is cleared of all restricting influences. Today I choose the good and the ideal. Today I express and radiate God in all that I do.

Eleventh Day
GOD'S WILL

...that ye may prove what is that good, and acceptable and perfect, will of God. – *Romans 12:2*

A man who in the view of gain thinks of righteousness; who in the view of danger is prepared to give up his life; and who does not forget an old agreement however far back it extends – such a man may be reckoned a complete man. – *Confucius*

God's will is easily known. Whatever tends to unfold in the direction of health, wholeness and order is God's will. Only when the soul can express freely can it move in harmony with God's will. Whatever our ventures, let us think in terms of what is correct to all concerned. In this way we avoid selfishness and we bless others. Any obstacle can be overcome if we are fearless.

A characteristic of maturity is that of keeping agreements, following through and doing what we have said we will do. In this manner order and total support is experienced throughout the human society and into the natural rhythm of nature. We function better when we can depend upon other people and when we are in tune with God's will. Let us do our part to insure order and harmony in our world. Remember, the inclination of nature is in the direction of order and harmony. When we are unstressed and open to the flow of life, we experience that good, and acceptable and perfect, will of God.

I prove in my life what is that good, and acceptable, and perfect, will of God. Thank you, God, for your daily support and for ever-present nourishment and guidance.

Twelfth Day
GOD MEETS OUR NEEDS

Blessed are they which do hunger and thirst after righteousness, for they shall be filled. Blessed are the merciful: for they shall obtain mercy. Blessed are the pure in heart, for they shall see God.
– Matthew 5:6, 7, 8

Few mortals know that the kingdom of God extends fully to this Earth plane. *– Mahavatar Babaji*

Yearning to know the reality of God is the single most influential force that awakens the soul to liberation of consciousness. Without strong desire to know the truth, one is inclined to drift without purpose. To understand and forgive is divine; this process also opens us to a more supportive relationship with life. Purity of body, feelings and mind enables us to see clearly the truth. To know the truth is to know the reality of God, the omnipresent field of consciousness.

When we live out of conditionings we are mortal (in our understanding) and cannot see the full reality of life. All the good we might desire to experience is now present and available to us. To the degree that we can learn to see it, we can experience it. Transcend the appearance of time and space and become aware of the higher time-space reality which is ever present. Think in terms of fulfillment now, rather than in the far distant future.

I fully accept the truth that the kingdom of God is manifest right where I am. I clear my mind and emotional nature of all restrictions so that I live as I am meant to live.

Thirteenth Day
SHARE THE LIGHT

Ye are the light of the world. A city that is set on an hill cannot be hid. – Let your light so shine before men, that they may see your good works, and glorify your father which is in heaven.

– Matthew 5:14 & 16

To be conscious that we are perceiving or thinking is to be conscious of our own existence. *– Aristotle*

When we live a natural life our light is shared with all who can see it. Without effort, when we are more and more God-conscious, a quiet and definite influence is extended to others and to our environment. The personality is not glorified, God is acknowledged by others when they see the virtues expressed in our lives.

We are here to do good works. We are not here to cope and to merely survive. Do not live in a mechanical way, live with full awareness so that you can see what is before you and so that you think with conscious intention. As we do this we experience real meaning and purpose, we call forth the best that is within us. Calling forth the best and sharing the best is our spiritual duty. Our real nature is existence. We experience, we perceive, we can comprehend the process of life. Be centered in existence-awareness. Be the observer as well as the participant in life. Be free.

I surrender my immature ways to the powerful and useful influence of God. Right where I am, in all conditions and circumstances, I share God with my world. Thank you, God.

Fourteenth Day
PRAYER AND MEDITATION

And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone. *- Matthew 14:23*

Having his body positioned in a firm posture, where he is comfortable and in a quiet place, let him make his mind one-pointed and controlling thought and senses, let him practice pure contemplation in order to attain inward purity. *– Bhagavad-Gita*

Whether practiced as a regular discipline or experienced as a spontaneous process, every person who has known a conscious experience of reality has meditated. Prayer is our conversation with God, or the yearning of the soul if no words are used. Meditation is the process of allowing the body to relax and the mental field to become clear so that the light of the soul alone shines. Meditation is easy to experience because it is the process of turning attention from the senses back to the source of life within.

When all distractions have been transcended, even mental processes, superconscious awareness is naturally experienced. The secret of inner strength is to go apart on a regular schedule and be alone with God in deep, silent, thoughtless meditation.

As often as I am inclined, I turn within in the silence and experience pure consciousness. I rest in the silence and know my reality as a wave on the ocean of God. I then become aware of ocean consciousness, God-consciousness.

Fifteenth Day
SEE IT AND CALL IT FORTH

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
– Philippians 4:8

When you know that consciousness is the one and only reality – conceiving itself to be something good, bad or indifferent, and becoming that which it conceived itself to be – you are free from the tyranny of second causes, free from the belief that there are causes outside of your own mind that can affect your life. *– Neville*

Contemplate the ideal world and the ideal world will reveal itself to you. The ideal world already exists but we often have to train ourselves to see it. See the ideal conditions and circumstances and call them forth through intentional recognition. Whatever is not in accord with your ideal, let it recede and be no more in your personal experience.

Open yourself to the infinite good which is now available to you. Realize that the world process is nothing but consciousness forever unfolding and being. Infinite life takes form as things and conditions according to our assumption and acceptance of it. Be a conscious participant in the transformation of the world.

I see only that which is consistent with order and harmony in my world. I pay no heed to unwanted conditions. I live as an understanding person and I bless others with my special way of seeing, knowing and experiencing.

Sixteenth Day
BE SELF-CONTAINED, ALWAYS

And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. – *Matthew 4:3, 4*

I am verily that Supreme Consciousness, which is eternal, stainless and free; which is One, indivisible and nondual, and which is of the nature of Bliss, Truth, Knowledge and Infinity. – *Shankara*

When we become aware of soul abilities we are at times tempted to use them unwisely. To do so causes us to lose our way and to forget the reason for our being on the spiritual path. There is nothing wrong with using natural abilities for useful purposes, but the major matter of importance is to be inwardly aware that God is our supply and that God is always presently providing. The ideal is to be anchored in the awareness of our real nature. When this is experienced, all else occurs in divine order.

We can function with no inner conflict or challenge, we can do whatever is correct in any given moment. Supreme Consciousness is what we are. Our higher true self will urge us to do whatever is most useful in all ways. Follow inner guidance in the use of soul abilities. You will then be in harmony with God's will.

I allow my soul abilities to unfold and I use them in accord with inner guidance. No taint of conditioned consciousness shall ever interfere with my unfolding destiny in God.

Seventeenth Day
GOD IS PURE LOVE

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him, should not perish, but have everlasting life. *– John 3:16*

Love rules the court, the camp, the grove; The men below and the saints above; For love is heaven and heaven is love.
– The Lay of the Last Minstrel/Sir Walter Scott

Love, in the pure sense, is the magnetic attraction of the Godhead which attracts souls back to conscious awareness of the source. God is omnipresent and all in all. The ruling influence is the "only begotten" aspect of God which is involved with world redemption. To truly believe in God is to surrender to God's purpose and plans. Everlasting life is a certainty for every soul, because God is the essence of the soul.

When we are tempted to stray into contact with useless involvements an inner prompting brings us back to the awareness of what is important. Incarnation after incarnation, time after time, the powerful attraction from the source calls us to return consciously to it. As we surrender to this divine love-attraction, all unknowing is lifted and we stand free in perfect knowledge and being. In all ways, love the world and do right by others. In all ways, respect your soul nature and allow yourself to be attracted to God.

God loves me and I love God. I surrender all ego and all useless thoughts, feelings and actions so that the acitivity of divine love can have its perfect way in my life.

Eighteenth Day
PUT GOD FIRST IN YOUR LIFE

Therefore take no thought, saying What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? – But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. *– Matthew 6:31 & 33*

Ocean, who is the source of all. *– Homer (The Iliad)*

We must of course be attentive to practical matters, but we need not be overly anxious about anything. The greater is our awareness of our relationship with the larger field of consciousness, the more we see effortless unfoldment in our lives. This process extends even to our daily affairs and personal needs.

We are more than mere material beings, we are spiritual beings expressing in this material world. The world itself is made up of a basic substance which forever molds itself to meet needs in order to continue the evolutionary process. We are an essential part of the cosmic happening. Life will see to our needs in perfect proportion to the degree that we are open to life. When we are about God's business, when we are in our right place in life, all things work for good without strain or worry. Be a master of this way of life. Fear nothing. Trust, always.

The awareness of the presence and reality of God is the source of all good. God can and God will meet all my needs, on time and in abundance. I remain open to life. I am thankful.

Nineteenth Day
LOOK TO THIS DAY

In the beginning God created the heaven and the earth. – And God said, Let there be light: and there was light. – *Genesis 1:1 & 3*

Let a man be elevated by contemplation on the Supreme Reality which exists within himself. – *Bhagavad-Gita*

Everything flows from the inside to the outside, from the realm of cause to the realm of effects. The place of origin is the stillness, the silence, the realm of pure and motionless being. We can begin each day anew because all that we experience comes out of our own consciousness.

Release the burdens of the past, meditate and contemplate until you are clear and refreshed. Then adjust the mental attitude and see the goodness of life prepared for you. The world about us is the result of past causes. Introduce new causes and learn to see clearly the available good before you. In this manner you will learn to live as a free being, as you were designed to live. All that we behold has come from an invisible source. Everything comes out of the void, the infinite field of consciousness. God produced the worlds out of his own consciousness. Our world is produced in similar fashion. Elevate your awareness to the clear level of being and then work from that viewpoint.

I remain settled in perfect awareness and perfect understanding. I let the light shine. I let my world unfold harmoniously. I see fulfillment and right action everywhere and always.

Twentieth Day
THE FUTURE IS ASSURED

The kingdom of heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened.
– Matthew 13:33

One God, one law, one element, And one far-off divine event, To which the whole creation moves. *– Alfred, Lord Tennyson*

Do not fear the future of this world. There is a divine plan currently unfolding. There is an innate influence which is taking care of the larger pattern. As individuals become increasingly God-conscious, God is able to more obviously move in the direction of planetary unfoldment and perfection. A few God-conscious persons contribute to the spiritual awakening of all mankind. This is why it is so very important for us to do our part to be open to God's unfolding goodness.

Let surface appearance come and go. Be attentive to the grand evolutionary trend and, in this way, flow with God's plan and destined purpose. God is within you and around you. God is working now in the direction of final fulfillment. We can resist God's will or we can participate consciously in God's plan. In the end, God's will shall prevail. Do not underestimate the usefulness of your living the ideal life. Do not despair at the seeming slowness of the world to awaken. Little by little, over the decades and the centuries, the spiritual qualities reflected in the lives of dedicated truth seekers makes the difference. God wants to express through you now. Be open to life.

I am inwardly at peace as I observe useful changes taking place in my world. I attend to spiritual duties and move in the direction of spiritual and emotional maturity. I am ever open and responsive to God's will through me.

Twenty-First Day
LOVE IS THE ANSWER

A new commandment I give unto you, That you love one another; as I have loved you, that ye also love one to another. By this shall all men know that ye are my disciples, if ye have love one to another.
– John 13:34, 35

Start the day with love, live the day with love, end the day with love. *– Sri Satya Sai Baba*

Is it possible to truly love others in all circumstances? We would not be advised to cultivate love if it were not possible of us. We can respect others without judgment. We can see through personality appearances and discern the spiritual essence of all whom we meet and with whom we share our lives.

When we truly love, we support others, we uplift them, we call forth the divine nature. The cultivation of such perfect love also awakens us to a more cosmic degree of awareness. It is our spiritual duty to cultivate love, to share love, to inspire love. Love is the most enlivening influence in our lives. Perfect love removes fear and perfect love banishes all obstacles to pure soul perception and awareness. See the divine spark in others. Bless it. Nurture it. Call it forth and give it more life, with your love.

I respect my inner nature and I respect the inner nature of all living beings. I acknowledge the divine essence, I nurture it, I call it forth into full expression. God is love, I am love, I let love rule.

Twenty-Second Day
BE ESTABLISHED IN GOD

I am the vine, ye are the branches; He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. *– John 15:5*

He who finds union of mind and heart will reach immorality.
– Lao Tzu

We have life because we are extensions of the great creative force and power of the universe. When we allow ourselves to lose attunement with this creative force and power, we are limited in every way. When we abide in the awareness of the true source, we are then able to more fully express and to perform as we were meant to perform. We, of ourselves, can do little; as expressions of God we can see mighty works accomplished.

How long can a branch of a tree survive after being removed from the trunk? Ego removes us from the source of life. Surrender maintains the flow of life. The truth of us is the divine nature. When mental processes are in harmony with the divine nature, liberation of soul is experienced. The Christ Consciousness of us is the active expression of God in us. Therefore, when we remain aware of this active expression of God, when we allow it to be dominant, all useful things unfold with ease and certainty.

I keep my mind and being open to the awareness of the true source of power and creativity. I remain alert and responsive as the activity of God moves through me to fulfill divine purposes.

Twenty-Third Day
YOUR BODY IS GOD'S TEMPLE

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? *– I Corinthians 6:19*

Perfection of the body consists of beauty, (radiant) complexion, grace, strength and (virtual) indestructibility. *– Yoga Sutras*

God indwells your body. The body belongs to God and not to the personality. The Holy Ghost is the creative spiritual activity spread throughout nature. This activity is within you as the creative forces, directed by an inborn intelligence. Health and function of the body is assured as we abide by nature's laws, and work from the level of soul awareness. Superconscious influences (soul influences) purify and cleanse the body when allowed to flow without restriction.

The physical form is but temporary. However, it is our responsibility to assist the soul's urge in the direction of completion of purposes by seeing to glowing health and perfect body function. We want to be happy. We want to be healthy. We want to be creatively functional and successful. It is easier to achieve our goals in life when we prepare ourselves and when we allow the soul to express in greater measure through a glorified physical body.

I am made in the image and likeness of God. I do all I can to insure health and function of the body so that I can glorify God in this incarnation. I am forever youthful and functional.

Twenty-Fourth Day
EMOTIONAL SERENITY

The Lord is my shepherd, I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. *– Psalms 23:1-3*

Lead me from the unreal to the real; Lead me from darkness to light; Lead me from mortality to immortality. *– The Upanishads*

Emotional unrest and conflict clouds soul perception and contributes to physical illness. Emotional unrest and conflict interferes with function and response to events and circumstances. How to experience emotional wellness in today's world? The answer is practical: return to the source of life within and be refreshed. Return to the source of life within and be fulfilled and made new.

To harmonize with evolutionary trends is the way of righteousness. As we surrender to the inner process of awakening and transformation, we are led from darkness to light, from unknowingness to full understanding, from limitation to eternal freedom in God. To the degree that we can rest in the awareness of our true nature, to this degree can we see the unfoldment of destined possibilities. Practice patience in the face of challenge. Do the best you can in any circumstance and leave the rest to God. We can be as emotionally well as we decide to be. Choose serenity and wellness.

The radiant awareness of the presence of God is my experience now. I rejoice as I live each moment of this day with God as my unfailing companion. I am at peace within and in harmony with my world.

Twenty-Fifth Day
ONLY SPEAK THE WORD

And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour. *– Matthew 8:13*

Our (God's) word to a thing when We will it, is but to say, "Be," and it is. *– The Koran*

What needs to be changed, improved or healed in your life today? Have you been struggling with it, in vain? Does it seem an impossible condition? Have you tried simple faith? Have you taken your stand in the truth of your being and the reality of God, and simply said words to introduce useful change?

True self-confidence is based upon inner realization. Inner realization results in our consciously knowing that the infinite ocean of all good is behind us, and that we can see the ideal conditions and speak the affirmative word. We often affirm that conditions are what they seem to be. We can also affirm that conditions be what they can be, and they will be! Train yourself to believe. Train yourself to take spiritual initiative. Train yourself to function as the divine being you are. God indwells you and God can do anything! First, be established in God-attunement. Then, speak the word, believing, and see the changes take place!

Today I speak the word of truth and affirm that which can be. I adjust my mental attitude, center myself in soul awareness, and refuse to be intimidated by circumstances.

Twenty-Sixth Day
IN GOD'S SERVICE

The harvest truly is plenteous, but the labourers are few; Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest. *– Matthew 9:37, 38*

A person who, in turn, teaches others this philosophy (or way to self-realization) and has the highest devotion, will surely become enlightened. No one performs a more useful service than the one who teaches others the way to spiritual freedom. *– Bhagavad-Gita*

Many are asked to perform service right where they are, and to awaken the soul nature in this manner. Some are called to teach others the way to spiritual understanding. Today, in our awakening world, millions are seeking understanding and there are not enough qualified teachers to share the true message. Are you called to high service? Is God moving to serve others through you?

If you feel the stirring to be one of God's ministers, prepare yourself now. Cultivate the virtues and see to necessary education. Pray and be open to guidance. If God calls you to public service, God will show you how best to serve. God has many paths to meet all needs. The one way, is the way of awakening and enlightenment. You serve right where you are, to the degree that you live a life attuned to the principles of mind and consciousness. We are teachers in the outer, only. God is the true teacher.

I open myself to be responsive to God's will, to be used in whatever way is most helpful to the cause of world enlightenment. I live the truth, I am the truth, I share the truth.

Twenty-Seventh Day
BE A PERFECT DISCIPLE

If you continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.
– John 8:31, 32

And whosoever, either now or after I am gone, shall be a lamp unto themselves, and a refuge unto themselves, shall betake themselves to no external refuge, but, holding fast to the truth as their lamp...it is they who shall reach the topmost height. But, they must be anxious to learn. *– Buddha*

Without discipline one cannot clear the inner restrictions and patterns. Without discipline one cannot claim to be a disciple on the spiritual path. By following the advice of true spiritual teachers, by being absorbed in God-consciousness, we eventually awaken to the truth about life. The truth is that which is so about the nature of consciousness. It is this knowing that liberates the soul.

Are we willing to do what must be done to let our light shine? Are we willing to curb destructive and useless urges so that soul impulses might be increasingly evident? Are we willing to renounce false ideas in order to see clearly and function correctly? Many want to be disciples but are not willing to be disciplined. Be an ideal disciple of the path. Let God have His way with you.

Yes, I dedicate myself to the path of spiritual unfoldment. I am willing to release all that restricts unfoldment. I am a true disciple. I am established in truth consciousness.

Twenty-Eighth Day
SPIRITUALIZING RELATIONSHIPS

So God created man in his own image, in the image of God created he him; male and female created he them. – *Genesis 1:27*

The body, senses, mind and intelligence engage in their respective activities with the help of consciousness, which is inherent in the individualized Supreme Consciousness. – *Shankara*

The inner blueprint of man is a counterpart of the pattern which makes possible the worlds. Likewise, since God is the larger field of consciousness, the soul is a unique expression of this larger field of consciousness, and is possessed of all of the characteristics of the larger field. Maleness and femaleness are essential in nature, for without polarity there could be no material manifestation.

The perceptions we have are based on soul perceptions. The mind we use is a portion of cosmic mind. The basis for everything is Supreme Consciousness, the allness of God. When we become aware of who and what we are, we are able to live freely and to experience health and function in all areas of expression. All relationships are spiritualized when we are possessed of true understanding. All relationships are enriched and made more meaningful when we take God into the relationship.

I am made in the image and likeness of God. I relate to others and my world with this understanding. I give. I bless. I call forth the divine pattern in people and in nature.

Twenty-Ninth Day
GIVE FROM THE SOURCE

Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give unto your bosom. For with the same measure that ye mete (measure out) withal it shall be measured to you again. – *Luke 6:38*

Just try to give beyond life's capacity to provide the means. It cannot be done. You try it and see what happens.

Many truth students have the wrong idea about the process of giving. They think that if they give, they will get. This is a limited view of the process. The real activity is that when we give out of the awareness of endlessness, life provides a never-ceasing flow in the direction of filling needs. When the flow moves through and around us, we are said to be prosperous.

The ideal is to give wisely, knowing that you are God's perfect expression in the process and that the source can never be depleted. It is often in our hour of pressing need that we should give more freely, because it is then that we require a greater measure of the flow of life. The moment you give, you are blessed. The moment you give, the grace of God is flowing.

I rest in the awareness of the source of all that is. I wisely distribute the good I have, knowing that the source will continue to provide in bountiful measure. God, as me, thrives, flourishes and is forever successful. Thank you, God, for plenty.

Thirtieth Day
SURRENDERING TO GOD

If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me. *– Matthew 19:21*

Intentional self-discipline, study of the nature of consciousness and surrendering self-consciousness in order to realize the larger field of consciousness is the way to perfection. *– Yoga text*

It does not matter what is asked of us—if we would be free, if we would break from attachments and awaken to the truth, we must surrender to the process. A rich person may be attached to possessions, to influence or to evidence of surface security. A poor person may be attached to the idea of poverty. There is a way out of any limiting situation. It is the way of self-discipline, study of the nature of God and the world process, and the way of surrendering ego (the sense of being apart from God) in order to awaken to the infinite reality.

No two people on the spiritual path have exactly the same challenges or the same decisions to make. When we see what must be done, we should do it. By doing what is correct, in our personal instance, we never lose—we gain everything.

I rely upon God in all things. I clear my mind of useless attitudes. I examine the nature of consciousness. I surrender to inner guidance and unfold daily to a greater awareness of God's reality.

Thirty-First Day
REJOICE AND GIVE THANKS

Blessed is the man that walketh not in the counsel of the ungodly ...But his delight is in the law of the Lord; and in his law doth he meditate day and night. – *Psalms 1:1 & 2*

My delusion is banished now and through the grace of God I recognize the Truth. I am stable now, with my doubts removed. I shall act according to these words of wisdom. – *Bhagavad-Gita*

If we are to live the ideal life we must abide by the teachings of enlightened persons and listen to the still small voice of inner guidance. Each new level of soul awareness is cause for inner rejoicing and for being truly thankful. Happiness and thankfulness evidence our unfolding good. Lack of appreciation and small-mindedness do not contribute to spiritual unfoldment.

Accept the words of wisdom which have been shared by teachers on the path. Be happy that you now know the way. Abide by the guidelines of creative living and the principles of mind and consciousness. The good you have been seeking, has been seeking you. Let this infinite good express increasingly in your life and shower blessings wherever you go. Choose the ideal way of life. Cling to the useful, avoid that which is not useful. We do all we can to prepare ourselves; God's grace does the rest.

I inwardly rejoice and I do give thanks for the blessings I have and for the good that flows through me and around me. Because God is infinite, the flow of good is without measure. I respect all enlightenment traditions and give thanks for them.

Thirty-Second Day
BE ESTABLISHED IN THE TRUE SELF

Then said Jesus unto them, When ye have lifted up the son of man, then shall ye know that I am he. *– John 8:28*

God, the only Substance in the universe, is therefore not comprehensible by man of this material world, unless he becomes divine by lifting his self above identification with subtle nature.
– Swami Sri Yukteswar

All of our disciplines and efforts to know God are but the necessary preparation for the ultimate perception of highest truth. The soul involved with mind is the son of man (the child of mind). When the mind-identified soul is lifted above mental processes, one is then able to clearly discern the truth about the nature of God. Then one knows, "I am Supreme Consciousness."

God is all in all, therefore, God is the only substance of the universe. The energy of God forms as the worlds. It is only when we transcend identification with nature, during meditation or occasions of clear awareness, that we are able to comprehend ultimate reality. When the truth is seen, all things are put in divine order and we experience the end of the spiritual quest. No matter the higher perceptions experienced, renounce them until the pure truth about life is known. Do not despair, one who is steady on the enlightenment quest is assured of success in the given lifetime. The desire for God-knowledge is proof that it is attainable.

I remain steady on the spiritual path, with perfect trust and never-ceasing attention to the ideal. I transcend all perceptions and experiences until I rest in Supreme Consciousness.

Thirty-Third Day
THE CORE OF CREATION

And round about the throne were four and twenty seats; and upon the seats I saw four and twenty elders. – *Revelation 4:4*

Twenty-four principles make up the fine blueprint of all material creation. From these patterns everything in the outer realm extends into manifestation. – *Veda*

The seers who have experienced ultimate reality tell us of the inner nature of consciousness that proceeds in the direction of world manifestation. Twenty-four principles, we are told, make possible all manifestation. These form the pattern about which subtle forces gather to express in material form.

These principles are as follows: intelligence, the organ of discernment; mind, the organ of thinking; feeling, which makes possible relationships and desire for fulfillment; ego, the sense of separate self. These four principles are primary. There then extends the following: five subtle origins or roots of the five senses; five currents allowing function and action; five subtle-elements as objects of senses; and five gross elements making up the material worlds, including the physical body of man. Deeper study is useful to make clear this pattern upon which creation is founded. As intuition awakens, as we become less sense-bound, we begin to comprehend the inner nature of material creation and true knowledge is obtained. All outer forms are made possible by the presence of inner patterns.

While living my life in a practical way, I open my inner vision to contemplate the Cause and patterns of creation. As I do this, life unfolds harmoniously and greater understanding is experienced. Thank you, God, for this understanding.

Thirty-Fourth Day
THE POWER CENTERS IN MAN

And being turned, I saw seven golden candlesticks, and in the midst of the seven candlesticks one like unto the son of man, clothed with a garment down to his feet, and girt about the breasts with a golden girdle. *– Revelation 1:12*

The hidden side of the body is made up of subtle currents and electricities. Descending life-force is distributed through centers in the cerebrospinal pathway.

While in deep meditation, contemplating the process of returning vital force to the brain (from the lower parts) one may perceive the electric body or astral form which interpenetrates the physical body. The centers through which vital force is distributed are referred to variously; as chakras (wheels), or as St. John described them, as "candlesticks." Each center emits sound and light depending upon the frequency of vital force expressing at the center. An aura extends from the astral body. The astral body is similar in form to the physical body. Such inner perceptions, if had, give insight but should be transcended during meditation so that the awareness of Pure Being might be experienced. Turning attention to the topmost center in the brain, during meditation, one is able to merge in light and then move through it to the transcendental field of being.

I know I am a specialized unit of Pure Consciousness and that bodies or vehicles of any kind, are instruments through which I express and relate to my present sphere. I rest in the awareness of changless being, always.

Thirty-Fifth Day
ENTER INTO THE DOOR

Behold, I stand at the door and knock; if any man hear my voice and open the door, I will come in to him and will sup with him, and he with me. *– Revelation 3:20*

The manifesting symbol of God is the Word. One should meditate on this Word, contemplating it, surrendering to it, and being conscious of its real nature. *– Yoga Sutras of Patanjali*

One of the more useful meditation processes is to turn attention to the upper and inner brain and listen. In time, one will hear a steady subtle sound, the sound of vital force active there. The ideal is to flow to the sound, merge in the sound, and move through the sound to the experience of pure awareness.

Behind the screen of the mind resides the field of Pure Consciousness. It is awaiting our recognition. The "voice" we hear is the sound of vital forces. The "door" is opened to the transcendental field when we surrender to the inner sound and yearn to pass beyond it.

As we surrender to the sound within we are led through levels of subtle perception. We experience a movement through layers of mind and consciousness until the pure field is experienced. All preliminary meditation processes lead to the awareness of sound and from here we can move, in awareness, to the final stage of the meditation experience.

I surrender to the Word of God within me. I move through the open door to the experience of higher reality. I practice with patience, knowing that unfoldment and realization will surely result.

Thirty-Sixth Day
THE ONE WAY TO FREEDOM

Jesus saith unto him, I am the way, the truth, and the life; no man cometh unto the Father, but by me. *– John 14:6*

Not merely reflecting but manifesting Spiritual Light, man rises to the awareness of the kingdom of God. There he abandons the idea of separate existence and attains full release and oneness with Spirit. *– Veda*

The "I" referred to by Jesus is the God nature of every person. The Christ of us is God as us. This God nature is the way to freedom, the truth of life, the light of knowledge. There is no other way to spiritual freedom than to awaken to the realization of our divine nature and to experience, that indeed, God is our very life.

Spiritual light reflects in the soul as long as we are sense-identified. When spiritual qualities are actualized, when they are made real and manifested, we experience the kingdom of fulfillment right where we are. No longer believing in independent existence, we know the truth about who and what we are, and about our relationship with the larger field of consciousness. This is the final liberation, the permanent overcoming, the end of the spiritual quest. To yearn for this awareness is to open the doors of perception so that it can be experienced. Desire for full realization causes inner changes which harmonize all inner tendencies and results in transformation.

I accept my God nature. I remain anchored, to the degree that I am able, in the awareness of my God nature all of the time. I rejoice in understanding and soul freedom!

Thirty-Seventh Day
THE TRUE SECURITY

The Lord shall preserve thee from all evil: he shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore. – *Psalms 121:7, 8*

The path of God is eternal. The soul is immortal. God permeates the soul with his divine attributes. Let the soul journey on the path of God in constant communion with him. – *Lahiri Mahasaya*

Evil is the term used to designate that which is not good or useful to higher purposes. When we are attuned with the uplifting influence of the soul nature, we avoid what is not useful and experience only that which contributes to steady unfoldment. God guides us, from within, as we move in harmony with the elevating tendencies in nature.

The path to God is eternal, until we transcend time. Since we are immortal, as consciousness is forever, no matter how long it takes for us to realize truth consciousness the journey will continue. All of the attributes of God are within us. The key to awakening and actualizing the soul attributes is to remain in tune with God and God's will. Even while involved in pressing duties we can practice the awareness of the presence of God.

I harmonize with the elevating and uplifting influences in nature and move steadily on the path to final realization. I inwardly commune with my Larger True Self and experience the actualization of my inborn potential.

Thirty-Eighth Day
SPEAKING CONSCIOUSLY

A soft answer turneth away wrath: but grievous words stir up anger. The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness. *– Proverbs 15:1, 2*

The reaction of my spoken word fills the very atmosphere in which you live and dispels the environment and the atmosphere in which it enters and creates a new atmosphere and a new environment. *– Father Divine*

The words we speak reflect our mental attitude and our state of consciousness. Speaking appropriately is one of the most available tools we have to practice spiritual principles. We can adjust states of consciousness and mental attitude, we can regulate thought processes, we can influence our personal world, through intelligent speech.

The thoughts and words of a realized person cleanses the mental atmosphere in the environment influenced. Is your environment in need of transformation? Speak words of truth. Speak words of uplift, with insight and conscious intention. The very beingness of you will be carried on the waves of sound to create a world closer to the ideal. You are not without influence. What kind of influence are you sharing with others? What kind of influence are you sharing with the energies around you?

I speak consciously and with intention to communicate my thoughts and to beneficially influence my world. I realize the power of God is conveyed by the spoken word. I am a responsible person and I take responsibility for my verbal influence.

Thirty-Ninth Day
THE TRUE WAY

And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. *– Mark 12:30*

Contemplating the Supreme, directing their entire conscious attention to God, making God their entire aim and with God as their sole object of devotion, they reach a state from which there is no return, their ignorance banished by light, their confusions eradicated by wisdom. *– Bhagavad-Gita*

Enlightenment teachers are clear in their instruction. If we would be true to our high calling, we must love God and surrender to God totally. Half-measures result in partial unfoldment. Shall we be content to awaken only a little, or shall we inwardly agree to go all the way in the time given us? The spiritual path is not for the shallow, the weak, the immature. The spiritual path is for the profound, the strong, the mature and the courageous.

All duties required of us in our world must be handled to the best of our ability. Even while performing our duties, we can consider them as a learning experience and keep ourselves open to a conscious relationship with awakening life. When we are enlightened, we are possessed of knowledge and we perform our tasks with willing understanding.

I love God with all my heart, all my soul, with all my mind and with all my strength. I contemplate Supreme Reality, always. Daily, I become more conscious and more aware. Daily, I become more settled and wise.

Fortieth Day
LIVING TRUE LOVE

And the second (commandment) is like, namely this, Thou shalt love thy neighbour as thy self. There is none other commandment greater than these. *– Mark 12:31*

By unswerving devotion the Supreme Reality can be realized. The person who surrenders his all to God, without attachment or self-delusion, realizes the ultimate truth. *– Bhagavad-Gita*

Can we truly love our neighbor? Can we truly love all people? Yes, we can love and respect, without judgment, the inmost Self of all. If we have self-respect, we can then respect others. We know of our own shortcomings and limitations at the human level, and we still respect the divine nature which is our real essence. Likewise, we can see through the surface conditions of other people and love them as we love our inner Self. What we see and acknowledge is magnified. Let us see the good in others and increase the activity of the divine nature.

As we love God, without reservation, we are drawn into a closer relationship with Pure Consciousness. The veils are lifted and our powers of perception are rendered more clear. We cannot achieve liberation as a matter of self-will. Sooner or later we will have to surrender to God and allow the final liberating experience be the result of God's grace.

I respect myself and I respect the divine nature of all people. I love, I respect without judgment, I call forth the divine potential of all whom I meet and of all for whom I lovingly pray.

Forty-First Day
TRUTH EVER REMAINS

Heaven and earth shall pass away: but my words shall not pass away...And what I say unto you I say unto all, Watch.

– Mark 13:31 & 37

This life of the world is nothing but a sport and a play; but, verily, the abode of the next world – that is, life. If they did but know!

– Mohammed

Both subtle and gross realms are subject to manifestation and decay. This is the process of nature. The principles of mind and consciousness which form the foundation of the worlds are forever and ever. We are counseled to look through appearances and behold the unchanging reality behind outer manifestation. Do not be complacent and accept what seems to be; look through what seems to be, to perceive the eternal.

Creation is a play of lights and shadows, a divine drama made possible by subtle forces and influences. The ever-existing life is God, beyond all forms and manifestations. There is a reason for our world. There is purpose in the evolutionary process. While we comprehend the reason and discern the purpose we should also be inwardly aware of the total process, from the transcendental field to the relative sphere in which we dwell.

I welcome the opportunity to comprehend the reality of the total life process. I welcome the opportunity to play my useful role in the divine drama. I am ever alert to new perceptions of truth. I trust God in all things.

Forty-Second Day
THE SURRENDERED LIFE

No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. – *Matthew 6:24*

On this road, therefore, to abandon one's own way is to enter on the true way, or, to speak more correctly, to pass onwards to the goal; and to forsake one's own way is to enter on that which has none, namely, God. – *St. John of the Cross*

How can we make progress on the spiritual path so long as we are suffering conflict and are at cross-purposes? One must decide on the correct course in life and follow it without any hesitation. We cannot serve God's will and, at the same time, completely conform to the ways of worldly thinking and behavior. If we serve God's will, we will find that our relationships and activities in the world unfold harmoniously and in divine order.

To forsake the personality-way, the way of ego and self-will, is a necessity if we are to flow in the direction of God-consciousness. Do not fear that you will lose anything by being totally resolved to go all the way with God. You will only lose pain-causing experiences and, instead, experience complete freedom and joy. It is human nature to worry about what might happen when transformation is experienced. Rise above human nature and surrender fully to the activity of God within you.

Mine is a life of total commitment to the ideal of God-realization. I renounce all that does not relate to rapid unfoldment and complete realization of God.

Forty-Third Day
SEEING THROUGH APPEARANCES

While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal. *– II Corinthians 4:18*

Nondual infinite awareness, where the error of seeing, hearing and knowing various objects has been destroyed, this is the purest bliss serene. *– Ramana Maharishi*

Look through all appearances and you master life. Look through all appearances of lack or limitation and you will experience freedom and prosperity. You will experience the healing of any condition which is not in conformity with the divine ideal. All around us people are seeing from their own personal perspectives, and are experiencing life accordingly. We love others and we bless them, but we need not conform to their habit of incorrect seeing.

It is our duty to see clearly and produce in our lives the good and the desirable. It is our duty to do all we can to manifest heaven, fulfillment, right where we are. We can liberate the mind, free the spirit, heal the body and uplift the world through the practice of correct seeing. Remove errors in perception and all is automatically clear and in perfect proportion.

In a world of constant change and transformation I remain stable in the awareness of my eternal nature. God is my life, God is changeless and above all relative influences.

Forty-Fourth Day
CONSCIOUSNESS IS OUR TRUE HOME

For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens. *– II Corinthians 5:1*

This energy does not descend into individual life, or any other condition than entire possession. It comes to the lowly and simple; it comes to whomsoever will put off what is foreign and proud; it comes as serenity and grandeur. *– Ralph Waldo Emerson*

The only reality is consciousness. We cannot know this reality until all that prevents its expression in and, through, us has been removed or released. The full life of God, the full influence of the ocean of consciousness, is poised ready to indwell us to the degree that we are receptive.

Physical bodies and earthly dwellings have usefulness, but these are but material manifestations of convenience. There is no security in things. The only security is in God-realization. When we are stable in God-realization we find that all needed in the outer realm for our convenience and fulfillment of destined purpose is automatically supplied. The greatest security is that of consciously knowing who we are and of our relationship with God.

I appreciate and wisely use all material substance, while remaining anchored in the understanding of infinite consciousness which is the cause and support of all that is. I am completely open to the influence of divine light and power in my life.

Forty-Fifth Day
ADHERE TO THE PRINCIPLES

If you keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.
– John 13:10

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. *– St. Francis*

The way to spiritual unfoldment and fulfillment has been clearly defined. If we do what is advised by those who have experienced enlightenment, we are certain to have our personal experience of God-knowledge. The commandments are the guidelines which enable us to order our lives. As we harmonize with God's will for us, God becomes increasingly influential in a very personal way.

Even if we do not always know the best way to go, we can pray for guidance. We can ask for inner support, that we might be more loving, more understanding, possessed of greater faith, more enthused about life and living, more uplifting in our influence with others, and more happy. It is by being willing to experience the unfoldment of the desired qualities that we are able to manifest them. We are never asked to do the impossible. We are only asked to do the necessary and the ultimately useful.

I joyfully dedicate myself to living the ideal life. I willingly open myself to allow all of the qualities of the soul to express in full proportion. Through God's grace I am a light unto the world.

Forty-Sixth Day
IN THE FULLNESS OF JOY

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. *– John 15:11*

O divine master, grant that I may not so much seek to be consoled, as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.
– St. Francis

The truth revealed to us by the saints is for our spiritual good. Enlightened men and women, those who have seen the highest reality, are not compelled by personal needs to share with others. They do their duty, as God does His, to assist the world in the direction of awakening and fulfillment. Seers teach us, not for their needs, but for ours. They love us so much, they have so much compassion, that they are inspired to share their lives and their words of wisdom.

Frequently we become too self-centered on the spiritual path. As a result, we neglect our spiritual duties to others. As we extend ourselves, as we reach out to assist others, as we let God through us meet their needs, we find that all we once desired to experience is given us of God. Be a perfect expression through which God can meet the needs of others.

Yes, today I open myself to God's influence and I share the reality of God with all whom I meet along life's pathway. My joy in God is full and spills over to ignite the flame of spiritual happiness in others.

Forty-Seventh Day
THE SEAT OF POWER

In returning and rest shall ye be saved; in quietness and in confidence shall be your strength. – *Isaiah 30:15*

A kind of waking trance I have frequently had, quite up from boyhood, when I have been all alone. This has often come upon me through repeating my own name to myself silently till, all at once, as it were, out of the intensity of the consciousness of individuality, the individuality itself seemed to dissolve and fade away into boundless being; and this is not a confused state, but the clearest of the clearest, the surest of the surest...utterly beyond words, where death was an almost laughable impossibility. – *Alfred Tennyson*

Returning attention to the source of life within is the way to transcendental experience. There is no real possibility of clear understanding while remaining involved with confused thinking and emotional conflict. It is when thoughts are allowed to rest, and feelings are settled, that we are able to inwardly experience true quietness and the confidence of the soul.

To one in conditioned consciousness, who has not experienced clear awareness, the state might seem to be less than natural. To one who has experienced it, however, it results in the greatest freedom possible. One is then able to return to thinking, feeling, and relating with a new perspective and a new outlook on life.

As often as inclined, and necessary, I turn to the source of life within and rest in quietness and confidence. I let sense-perceived things recede as I rest serenely in God-consciousness.

Forty-Eighth Day
TOTAL COMMITMENT

Thy word is a lamp unto my feet, and a light unto my path. I have sworn, and I will perform it, that I will keep thy righteous judgments. *– Psalms 119:105, 106*

Earnestness is the path of immortality, thoughtlessness is the path of death. Those who are in earnest do not die, those who are thoughtless are as if dead already. These wise people, meditative, steady, always possessed of strong powers, attain to the highest happiness. *– Buddhist Scripture*

Hear the words of the wise! Respond to the invitation to walk the path of the enlightened ones of the ages! Does not your soul rejoice to hear words of wisdom? Are you not motivated to a life of total commitment to the highest ideal?

Follow your dream, put all of your energies into doing your utmost on the spiritual path. Words of wisdom gladden the heart, dispel doubt and impart true guidance. There is no lasting death for the soul, there is only unconsciousness for a duration. We cannot forever avoid the process of awakening and illumination. We may attempt to deny it for a time, but life will urge us in the direction of soul actualization, sooner or later. Why wait for life to force us to change? Why not boldly accept the invitation to enter, now, into the process which can and does guarantee everlasting happiness?

I take on faith the words of the wise. I test the instruction and prove the principles in the fires of daily application and personal experience. I am steady on the path which leads to illumination of consciousness.

Forty-Ninth Day
DO THIS AND BE RICH

But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal. For where your treasure is, there will your heart be also.
– Matthew 6:10, 11

The faith of people is three-fold, according to their basic nature. Man is exactly what his believing is. *– Bhagavad-Gita*

It is easy to tell where we are on the ladder leading to Self-realization. Our behavior determines the matter because our behavior reflects our believing and our understanding. The true treasures of life are spiritual. Anchored in the awareness of God the wise person is prudent in his personal affairs but depends upon nothing external to give him happiness or to make him secure. An enlightened person lives out of clear understanding and his personal world reflects this, line for line and point for point.

People, according to their basic conditioned nature, live accordingly. If we are inspired God-ward, we live in harmony with spiritual principles. If we are confused and restless, we are active but selfish. If we are dull, we are slaves to the senses and in bondage to material forms. To change conditions we must change the attitude and the understanding. This can be accomplished through intentional spiritual disciplines and the practice of the presence of God.

I am practical in all of my affairs and relationships. I live out of soul consciousness and harmonize with the guidelines which assure true fulfillment and security. I banish dullness and restlessness from mind and consciousness and flow with the elevating influence in nature.

Fiftieth Day
WISE COUNSEL IS DESIRED

Hear counsel, and receive instruction, that thou mayest be wise in thy latter end. Cease, my sons, to hear the instruction that causeth to err from the words of knowledge. – *Proverbs 19:20 & 27*

This is the wisdom of the ancient seers which is now given to you. Listen now to this wisdom. If you can accept it by using the faculty of discrimination you can be relieved of the bondage of work.
– *Bhagavad-Gita*

The fastest way to understanding is to receive words of truth from those who are illumined and possessed of understanding. Do not listen to anyone who is not knowledgeable. Renounce error and confused thinking in favor of truth and orderly thinking.

Even when listening to the words of the wise, use your powers of intuition and discernment to grasp the inner meaning of what is taught. Inwardly feel that God is talking to God, for it is so. God as a wise person speaks to the soul. Each person has the inborn capacity to comprehend the truth when it is clearly explained. Each person has the capacity to use truth principles to experience worthwhile change in the direction of completion. When knowledge dawns, all effort is transcended and only the grace of God is influential. We are then active with purpose, but we are about God's business.

I joyfully listen to the voice of wisdom. I do not resist the truth. I open my soul awareness to discern what is so, and I allow new understanding to work its useful change in my life.

Fifty-First Day
WITH GOD, IT CAN BE DONE

If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place: and it shall remove; and nothing shall be impossible unto you. *– Matthew 17:20*

Through perfect contemplation on gross matter, its essential forms, its subtle essence and particles and their purposes, one experiences victory over matter and energy. *– Yoga Sutras*

What kind of a mountain are you facing today? We need not usually concern ourselves with the prospect of moving a physical mountain, though this is not improbable. We usually face challenges and seeming obstacles to attainment, to peace of mind, to happiness or fulfillment. What to do in the face of such "mountains?" We have the answer before us. We are to act with faith and speak the word of truth. When the masters assert that nothing shall be impossible to us, they mean exactly what they say. However, our will must be in harmony with divine will if we are to retain our spiritual integrity.

After we experience a degree of soul awareness, we can then contemplate the inner workings of nature and acquire insight and influence. Soul powers are natural abilities which are, for the most part, dormant but which can be aroused and used with wisdom. Use your innate abilities under guidance, always. Be certain, before initiating soul action that what you intend to do is correct and in harmony with life's plan. Then, speak the word and see it done.

I live a life of perfect trust in God and faith in God's principles of mind and consciousness. I am always open to inner guidance and I do only what is in line with the highest good for myself and all concerned. Thank you, God, for this freedom!

Fifty-Second Day
WISDOM IN WORK

He that handleth a matter wisely shall find good; and whoso trusteth in the Lord, happy is he. – *Proverbs 16:20*

The sum and substance of my teaching is this: live the minimum life possible, subjecting body and mind to strict discipline. Again, how a very hungry man longs for food, how man suffering from intense cold longs for heat, so long for God, meditate on Him continuously. This is the sum and substance of my teaching. That is for you, that is for them, that is for the whole world. It is by this that I saw the Truth, and I am happy. Yes. – *Govindananda Bharati*

We are possessed of inborn ability to make wise choices. When we choose the ideal way, we experience goodness. This is the simple law of nature. When we trust God, we release stress and anxiety. This is the easy way to happiness.

The spiritual path is not at all complicated. By living a well-ordered life, with purpose and intention, we experience health and the fulfillment of personal goals. All of our needs are met easily. Always use intelligence to monitor and regulate mental processes. In this way avoid confusion and conflict. In this way work in harmony with the Mind of God. No matter what you do, inwardly yearn to know your true relationship with God. Such devotional yearning cleanses the mind and attracts the cosmic reality of God into our life in a very personal way.

Using my inborn intelligence I handle all matters wisely and remain open to my infinite good. I am disciplined in thought and deed. I yearn for a conscious awareness of God every moment of every day. God is my life. God is increasingly real to me.

Fifty-Third Day
GOD, THE TRUE COMPANION

Delight thyself also in the Lord; and he shall give thee the desires of thine heart. Commit thy way unto the Lord; trust also in him; and he shall bring it to pass. *– Psalms 37:4, 5*

If you will behold your own self and the outer world, and what is taking place therein, you will find that you, with regard to your external being, are that external world. *– Jacob Behmen*

It is natural to desire. Without desire there can be no achievement, no fulfillment of purpose. What is to be avoided is unwise desire and compulsive desire, for these are binding to the soul and spiritually deadening. Whatever you do, do it with God as your companion and be happy. Live according to the principles of correct behavior and all things needed will be abundantly supplied. Do the best you can, then trust in God. Be open to unplanned good, because God knows more than you what is best and how to provide it in divine order.

Our personal environment is a reflection of our present mental attitude and state of consciousness. If our present environmental condition is harmonious, let us be thankful. If it is not, then let us make needed changes in attitude, thinking, feeling and behavior. The law of "as within, so without" is true for everyone.

I delight in the conscious awareness of the presence of God in my life and affairs! I accept responsibility for my mental attitude, my thinking, my actions and my response to life. I see my world as harmonious and perfect in all ways.

Fifty-Fourth Day
BEAR WITNESS TO LIGHT

Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. *I Thessalonians 5:5*

We are in the dawning of the Age of Enlightenment. We are citizens of the unfolding New Era. We are blessed to have this opportunity to experience world transformation.

The Dark Age has passed and the New Age is before us. We are experiencing "the hour of God," the time-phase during which mass spiritual awakening and rapid change in world conditions is taking place. This is part of the evolutionary process. It is nothing to fear. On the contrary, it is cause for rejoicing because it means that a greater measure of spiritual influence is being unfolded in the affairs of men.

The true "children of the light" will play a useful role in world transformation. Those who are not of the light will find their services not needed. To prepare for the Era to come, to play your role the best way possible, walk in the light of truth. Live in the eternal day of God. Changes are taking place so rapidly that traditional thinking people are severely challenged. Be self-realized. Be a citizen of the New Age.

I acknowledge that the trend of evolution is in the direction of unfoldment, transformation and illumination. I acknowledge my role, and my responsibility, in this process of awakening and unfoldment.

Fifty-Fifth Day
GIVE TO LIFE FREELY

Every man according as his purpose in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful Giver.
– II Corinthians 9:7

High-minded people give according to scriptural law; without any expectation whatever of reward. They give wisely because they know it to be their duty to make right use of the substance of the world.
– Bhagavad-Gita

Wherever we see a need we can meet, it is our duty to do so. God's purposes on earth are served through us to the degree that we are open to the flow. If our attitude about giving is restricted due to selfishness or fear, we are not open to life. Is not God all in all? Is not the substance of this world the energy of God in expression? Is there any lack? Do we really own or possess anything? Answer these questions honestly and get straight with life.

We are to assist those less fortunate than we. We are to enrich society's cultural values. We are to serve to spiritually educate and enlighten mankind. Look about you and see the world's needs. Look within you and see what you have to offer. Without personal motive, give to life the best you are. It is your opportunity to distribute God's goodness. It is your duty to be God's conscious representative on earth. Do not judge what others do, or do not do. You do what you know you should do and all will be well.

I open my life to infinite good and I give to life from the inexhaustible source. I give consciously of my talents, my knowledge and the resources at my disposal. The more I give, wisely, the more there is to give. Thank you, God.

Fifty-Sixth Day
GOD PROSPERS YOU

And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work. *– II Corinthians 9:8*

God is the source of all good. Whenever in my life I have needed anything, it was always there. *– Paramahansa Yogananda*

God's grace is ever available. Man has but to awaken to it and be open to it. Grace is the activity of God's creative life through all of nature, moving in the direction of fulfillment. Because nature moves in the direction of completion, all things required for our unrestricted expression are already available. We were designed to prosper, as God prospers. We were designed to grow, to unfold, to express and to accomplish our purposes. Do not believe that God wants you to experience lack and limitation. God wants to experience fulfillment through and, as, you. When you refuse to prosper, you are refusing to do God's will.

Fear of life, fear of success, fear of human opinion, fear of the unknown; these contribute to poverty consciousness. Love of life, willingness to succeed, no fear of human opinion, boldness as we move through life; these contribute to prosperity. God is the life of us. God is our larger reality. God wants to manifest His good will abundantly. Do not believe anything to the contrary. Live the ideal life and prosper.

I do my best and I remain open to the flow of God's grace in my life. I accept prosperity for myself and I accept prosperity for others. I always have everything. I now learn to make wise use of God's substance.

Fifty-Seventh Day
EXPRESSING THE TRUE NATURE

He that speaketh of himself seeketh his own glory; but he that seeketh his glory that sent him, the same is true, and no unrighteousness is in him. *– John 7:18*

We communicate with the world through our personality, but are we aware of the real inner nature? Do we live out of soul awareness? Do we know that God is the reality of us?

Even illumined men and women relate to the world through the personality, the "mask" assumed for the purpose. However, illumined men and women are fully conscious of the fact that the "I" of them is God. Much unhappiness results from our efforts to satisfy personality-needs. The "person" many are trying to be and to impress is not the real person, not the real being. To seek glory or status is ego-need and is a waste of time. What is certain to result in lasting satisfaction is to learn to allow God to be expressed and glorified. The only thing of value is what is the result of divine impulse and activity.

Jesus knew his real nature. He said, "I, of myself, can do nothing. The Father within, He doeth the works." The more we are able to allow God to do things, the more useful will be our life and the more meaningful our relationships.

I seek nothing but to glorify God in everything I do. Day by day, I allow the ego-self to diminish and the real Self to be magnified. Day by day, I move from glory to glory! I am supremely happy!

Fifty-Eighth Day
BE ALERT AND WATCHFUL

But I tell you of a truth, there be some standing here, which shall not taste of death, till they see the kingdom of God.

– Luke 9:17

As in a swoon, one instant, Another sun, ineffable full dazzles me, And all the orbs I know, and brighter, unknown orbs; One instant of the future land, Heaven's land. *– Walt Whitman*

We never know when the flash of insight will be experienced. It may be soon, it may be later, but the day will come when we awaken from the sense of mortality and see clearly into the very core of reality.

At any given time, among all who seek truth, there are a few who will "see the kingdom of God" in their present lifetime. When this occurs all problems are solved, all mysteries are known, all pain and suffering is ended. The moment of illumination is the culmination of all effort and discipline, the end of all preparation. Be steady in your spiritual practices. Do not grow weary or overly impatient. God in you will one day be stirred and the transcendental sun will shine fully. You will then know your kinship with all life. You will then know the universe to be your friend. The purpose for your having come into this world will have been fulfilled.

I am ever alert and watchful. I am open to the awakening and full manifestation of my divine nature. I welcome, with joy, the moment of illumination. I extend myself. I welcome life.

Fifty-Ninth Day
THE RIGHT WAY TO PRAY

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

– Mark 11:14

God is the Grand Life, Grand Wisdom, and Grand Love, which permeates the entire universe. It is this almighty Being that broadcasts his infinite life, infinite wisdom, and infinite love, which we receive and which enlivens us. *– Masaharu Taniguchi*

The right way to pray is to first be attuned to the larger field of consciousness, God. The sequence of prayer is simple to understand and to follow. After being firmly established in the awareness of our relationship with God, we inwardly see and know the end result of our desire. We believe that prayer has been answered, even before any change takes place in the outer. This process not only alters our state of consciousness so that we can see possibilities, it starts things happening in subtle spheres which interpenetrate the material universe.

Prayer is not result-producing either because we pray for the wrong result, or we do not pray correctly. If we are praying for constructive ends, if we pray correctly, prayer must be effective. It cannot be otherwise. After prayer we must continue to believe if we are to see results. Pray always that the activity of God will be more and more influential.

I rest in the awareness of infinite good. I pray with wisdom. I pray correctly. I trust the process and I believe completely. I stand and see the marvelous response. I give thanks for the completed process.

Sixtieth Day
ONE SPIRITUAL FAMILY

...Forbid him not; for there is no man which shall do a miracle in my name, that can lightly speak evil of me. For he that is not against us is on our part. *– Mark 9:39, 40*

I know, that, for the right practice of it, the heart must be empty of all else; because God wills to possess the heart alone; and as He cannot possess it alone unless it is empty of all else, so He cannot work in it what He would unless it be left vacant for Him.

– Brother Lawrence

All who are open to the influence of God are needed in today's awakening world. God does not play favorites; whoever will prepare himself so that God's goodness can express, can be a conduit through which blessings are shared. God's influence is not restricted to a certain sect or teaching tradition. God is expressing as each and every person and will do mighty works to the degree that the power is allowed to flow.

The heart, the inmost part of us, must be open and receptive if God is to be manifested in fullness through us. To the degree that we are able to release inner confusion and conditionings, to this degree God can, and will, assume dominion. God is the father of all. We are one spiritual family in God.

I release attitudes and conditionings which are not useful to higher understanding and open response to the will of God. I welcome all conscious brothers and sisters as my own, and join with them in manifesting the New Era.

Sixty-First Day
IT IS NATURAL TO BE FULFILLED

The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

– Psalms 27:1

He who seeth me everywhere, and seeth everything in Me, of him will I never lose hold, and he shall never lose hold of me.

– Bhagavad-Gita

It is natural to prosper and be in health because we are, at the soul level, already fulfilled. When we are open to the flow of God in our lives we easily experience mental clarity, emotional peace, physical wellness, open relationships and true and lasting prosperity.

God is the inner light of us and the reality of God in us assures us of salvation (liberation of consciousness). How can we fear God? Everything about us is God appearing-as. Because God is expressing as us, God's strength, the power of the universe, is unfolding through us forever. Train yourself to see God in all conditions and you will see Him everywhere. Train yourself to know that everything is contained in the reality of God. In this way you will be anchored in infinite good. Simple faith is useful in the early stages of spiritual growth. Let your simple faith sustain you while you probe the inner meaning of life and eventually experience final realization. God, your higher Self, supports you all the way.

I know that God is my light and that His grace liberates me. I fear nothing because I see the world as the body of God. I see God in all people and in all unfolding circumstances.

Sixty-Second Day
GOD IS THE LIFE OF US

For this corruptible must put on incorruption, and this mortal must put on immortality. *– I Corinthians 15:53*

The great-souled one neither commends nor censures anyone, he is neither angry, nor does he rejoice; he neither gives nor receives; he is free from attachment to objects. *– Ashtavakra Gita 17:13*

God is already expressing through and, as, everyone but not all are aware of this fact. What is required of us is conscious awareness of the reality of God. This comes as a result of God-remembrance, meditation, deep reflection and contemplation upon the meaning of life. The body must be and is subject to change. The spirit of us cannot be corrupted. Therefore, the ideal is to live from the awareness of the soul.

There are certain characteristics which are natural to one who lives from the soul level of awareness. Such a one sees all people as the same, because he looks through appearances to the divine nature. A self-realized person is inwardly content. He does not become involved in the play of emotions to the extent of losing his peace and inner balance. He moves freely through the world without attachment, knowing that God is all and that God does everything. Such a one lives a personal life in a very impersonal way. He lives out of God-consciousness, always.

I am now and forever established in the awareness of my true nature as a spiritual being. I cultivate the virtues and relate to the world with understanding. I am appropriate in all things, but I am never attached to the actions or the results of action.

Sixty-Third Day
WE ARE LIFE-GIVING BEINGS

I am come that they might have life, and that they might have it more abundantly. *– John 10:10*

I am no longer the wave of consciousness thinking itself separated from the sea of cosmic consciousness. I am the ocean of Spirit that has become the wave of human life. *– Paramahansa Yogananda*

Because the soul is an expression of God it is possessed of the characteristics of God. These characteristics are: being, awareness, and creative energy. The energy flows from the source, through us. We do not need to be fed or supplied from outside, all we need flows into expression from the inside. Things and circumstances are attracted to us, but these but reflect our own state of soul consciousness. God in us is the life of us. We are meant to express abundant life. This is the reason for our being in this world, or any world.

Deluded man thinks in terms of needs, of acquiring, of obtaining. Enlightened souls know they are life-giving beings because they are conduits through which the infinite good flows to meet needs in the outer world. Bless your world with this clear understanding. Heal your world with understanding, with words of truth, with the giving of your infinite treaure. Your good, your life, can never be depleted when you share correctly. Is not God infinite good? Can God's goodness ever be depleted? Be the illumined soul you can be, and bless life.

As a life-giving spirit, made in the image and likeness of God, I am now possessed of clear understanding. I move in harmony with God's unfolding plan and I let God flow to bless the world.

Sixty-Fourth Day
HARMONY WITH COSMIC MIND

Let patience have her perfect work, that ye may be perfect and entire, wanting nothing. If any man lack wisdom, let him ask of God.
– James 1:4, 5

There is a tide in the affairs of men, which, if taken at the flood, leads on to fortune; omitted, all the voyage of their life is bound in shallows and in miseries. *– William Shakespeare*

The human mind is a portion of infinite mind, God's mind. When correctly understood and wisely used the mind can be a creative tool for good. Learn to think clearly. Learn to visualize, to mentally picture, to be in command of mental images. The thoughts we think and the mental pictures we entertain influence the larger mind around us. What we put into this mind, it gives back to us.

Be established in your perfect nature, wanting nothing. If you need understanding, pray for it and God will provide it without fail.

Are you remaining open to opportunity? Life is providing us with assistance in all matters. Be watchful, be alert, see your opportunity and flow with it. When life invites us to participate, this is the moment to respond. Why live a shallow life when infinite opportunity is being forever presented? Be patient, be responsive, be alive, be a conscious expression of God.

I use my mind in harmony with God's mind. I am always decisive and ever open to inspiration, opportunity and God's influence. I swim in the deep waters of life and experience life to the full.

Sixty-Fifth Day
KEYS TO PEACE AND SERENITY

Length of days is in her right hand; and in her left hand riches and honor. Her ways are the ways of pleasantness, and all her paths are peace. *– Proverbs 3:16, 17*

The Way of Heaven is to benefit others and not to injure, the Way of the sage is to act but not to compete. *– Lao-Tsu*

It is possible to experience inner peace regardless of what transpires about us. The key is to be centered in the awareness of the inner nature. We can be interested in others and enthusiastic about projects, but we need not forget who we are and what our real purpose in life is all about. Wisdom is a loving friend. She (wisdom) results in long life and fulfillment. She (wisdom) assures us of a pleasant life and a peaceful journey through the world.

Peace and serenity are natural to one who lives the ideal life. Think in terms of giving, of benefiting others. Think in terms of cooperation, never in terms of competition. There is room for every person in this world to fulfill his destiny and to perform his intended duty. God has the right work for you and the right place for you in the universal process. We can live a quiet life and be almost invisible to others. Or life may provide us with honor in the eyes of others. It does not matter as long as we are in the right place and in right understanding. Real peace and serenity is the result of correct perception.

As I rest in the awareness of God I am always inwardly at peace even while involved with purpose. I am possessed of wisdom. I accept life, I accept whatever life gives me, I benefit my world. I am always in my right place in life's process.

Sixty-Sixth Day
A GLORIFIED BODY

And after six days Jesus taketh with him Peter, and James, and John, and leadeth them up into a high mountain apart by themselves: and he was transfigured before them. *– Mark 9:2*

Invite superconscious influences into mind and body. Let the descent of cosmic forces transform, cleanse and renew your physical form.

When the body is free from stress, devoid of impurities and given the opportunity to be as healthy as it can be, it is then a most responsive instrument through which we can accomplish our purposes in this world. The body requires food, air and vital force. Vital force is all around us and can be taken in through breathing and will. The ocean of consciousness is the source of all life. Invite life to flow down from superconscious realms after meditation. Be open to this flow of force at all times.

The inborn intelligence of the soul, the intelligence of God, regulates all internal processes when restrictions are removed. Be healthy, be functional, be radiantly alive, be glorified from the soul level of awareness. The field of infinite life and power is all around us. We have only to be open to it.

My body is the temple of Spirit and radiates the light and energy of God through every system, organ and cell. I rejoice in total health. Abundant energy is mine. God is glorified through my physical form.

Sixty-Seventh Day
GOD IS THE ONLY POWER

Thou couldest have no power at all against me, except it were given thee from above. – *John 19:11*

Are you in earnest? Seize this very minute; what you can do, or dream you can, begin it; boldness has genius, power and magic in it. Only engage and then the mind grows heated; begin, and then the work will be completed. – *Goethe*

Do you sometimes think in terms of two powers, a power for good and a power contrary to good? Banish that false concept and realize there is but one power in the universe, the power of God. What seems to be a contrary power is power that is misdirected due to lack of understanding. Do not struggle with the world of appearances. Remove yourself from circumstances which are the result of misdirected power, or transform them with your love and understanding.

Whatever your dream, if you are rightly resolved, begin now to move in the direction of fulfillment. The power of the universe is behind you when you are moving in harmony with life's purpose. No person and no external force can prevent you from achieving your right goals and experiencing the fulfillment of destined purposes when you are in tune with the one power, the power of God. Be open to this power. Let this power regulate your affairs.

I acknowledge the one power that runs the universe. I know it is benevolent and supportive, always. I am surrendered to this power as I live my life in a responsible manner. I invite this power to assist me in the direction of fulfillment.

Sixty-Eighth Day
COMPREHENDING THE TRUTH

And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it. *– John 14:13, 14*

The absolute natures or kinds are known severally by the absolute idea of knowledge. – You cannot conceive the many without the one. *– Plato*

The major error of man is that he has accepted the belief that he is apart from God and that things are apart from God. Comprehend the truth, that there is but one reality and all things are but representations of it. When we understand the truth, we are able to see all things in proper perspective. Until we do understand the truth the outer world will not make real sense.

Once you are established in true understanding you can live your life intelligently and with courage. Be established in the awareness of your divine nature, your Christ nature, then ask for any useful and appropriate thing or experience and it will be yours. Ask in the consciousness of the truth and you will see positive results. Ask from human consciousness and you will see limited results. The major need of all people is to awaken from human consciousness to divine consciousness. Learn to so comprehend the truth about life that you are permanently established in divine consciousness.

Since the belief of being apart from God is based on false understanding, I release all concepts which prevent clear perception of the truth about life.

Sixty-Ninth Day
GOD NOURISHES THE WORLD

Whither shall I go from thy Spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me. *– Psalms 139: 7–10*

Having thus spoken, Krishna revealed the ultimate truth to Arjuna. Arjuna perceived Spirit in all expressions; all divisions, spheres, dimensions and planes were seen to be expressions of the One.
– Bhagavad-Gita

It sometimes seems that God works in mysterious ways, His wonders to perform. We cannot possibly know which people God will choose to bless us. We cannot always know which relationship or circumstance will result in our greater good. We can learn to be open to life, knowing that God nourishes us through all expressions of Himself. Isn't it liberating to know that God is omnipresent and that God is always supportive of us?

Because God is everywhere present, wherever we are, God is expressing in fullness. To the degree that we can learn to see this, we can know happiness and soul health. Wherever we have legitimate business, there is God expressing and supporting us. The goodness of God goes before us to make our paths smooth and to harmonize conditions in the most ideal manner.

I see all people as expressions of the One Life. I respect the divine nature of every person I meet. I fully cooperate with the forces in nature and I know that wherever I am, God is, and God nourishes me.

Seventieth Day
GOD FULFILLS HIS PURPOSES

Thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it. And I will give unto thee the keys of the kingdom of heaven. *– Matthew 16:18, 19*

No one can be perfectly free till all are free; no one can be perfectly happy till all are happy. *– William Tecumseh Sherman*

The disciple to whom Jesus spoke represented one who was clear in understanding. Therefore, it was said that persons like him would represent the true church, the true body of God-conscious souls. Such enlightened souls are given the very keys to heaven, or fulfillment.

Tradition has it that we are very much involved with all others in our world. We may escape confusion through understanding, but we have a duty to assist others in the direction of understanding. Until we transcend the manifest realms, we share the worlds with others. This is why we work to free others, to show others the ideal way to live, and to encourage others to be truly happy as a result of knowing the truth about life. Self-realization is not "selfish-realization." When we awaken from the dream of mortality, it is our spiritual duty to show others the way to conscious awareness in God. Even before we are supremely free, the willingness to assist others helps us to shed the final shreds of ego-sense and is useful to us. Give your life to God. Give your life to understanding the nature of consciousness and to sharing this understanding with others who are receptive.

Yes, I do all I can to be an ideal disciple of God. I do all I can to know the truth and to share the truth. I live out of soul awareness and I invite others to do likewise. Thank you, God, for a world in which real cooperation can be experienced.

Seventy-First Day
WE ARE NEVER ALONE

Let brotherly love continue. Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.

– Hebrews 13:1, 2

What canst thou see elsewhere which thou canst not see here? Behold the heaven and the earth and all the elements; for of these are all things created. *– Thomas a Kempis*

Loneliness is usually a matter of attitude. When it seems we are alone, is not God present? Are not all of the qualities and attributes of life present? Cannot we adjust the attitude and acquire a fresh and new perspective? We can choose to be lonely or we can choose to be content and fulfilled. Choosing the latter course will result in our being at peace where we are, or will cause an attraction of all that is required for fulfilled living.

To be loved, love others first. To be served, serve others first. To be blessed, bless others first. Remind yourself that everything comes out of the basic elements making up all of nature. All things, all forms, all circumstances, are produced out of the basic stuff of nature. Wherever you are, God is. Wherever you are, infinite possibilities exist. Always, right where you are is the beginning- point from which to arrange ideal conditions and to call the ideal into expression.

God is right here where I am. I am content, peaceful and joyous. I radiate love and goodness. I adjust my mental attitude and state of conciousness so that God-as-nature can reflect fulfillment in my life.

Seventy-Second Day
ACKNOWLEDGING ONENESS

Thine, O Lord, is the greatness and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all. – *First Book of Chronicles 29:11*

I salute the supreme teacher, the Truth whose nature is bliss, who is the giver of the highest happiness, who is pure wisdom, who is beyond all qualities and infinite like the sky, who is beyond words, who is one and eternal, pure and still, who is beyond all change and phenomena and who is the silent witness to all our thoughts and emotions. I salute Truth, the supreme teacher. – *Vedic Hymn*

God extends from the transcendental field into the very heart of the atom. The fullness of God is evident at every level of manifestation. God cannot be more present at one location than at another, for everything is contained in the boundless reality of God's consciousness.

Whenever you feel lack, look about you and behold others who are experiencing fulfillment. Fulfillment must, therefore, be a present possibility for anyone who can see it and accept it. Live realistically in this world, while remaining inwardly aware of the true reality behind appearances. Contemplate the source, contemplate the truth of life, be settled in understanding.

God's reality extends from the unmanifest field of consciousness into ever-present material manifestation. I acknowledge the truth, I see what is so, I rest on the firm foundation of spiritual understanding.

Seventy-Third Day
THE SOUL'S CERTAIN DESTINY

Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.

– Matthew 13:44

After a person has attained the highest perfection while in the body, he can attain the Supreme Vision. With pure understanding and controlled thoughts and actions, keeping his own counsel, being moderate in all things and practicing deep meditation, removing from his consciousness everything that is not God-like, such a person becomes purified and knows the Ultimate Truth. *– Bhagavad-Gita*

Never overly rejoice at birth and never overly grieve when a soul leaves this world for another. Souls come, express, and move on to further experiences. This is nature's way and there is no reason to argue the matter or to suffer because of lack of understanding.

Learn, instead, to be clearly aware of your own purpose for being here and make the most of your available opportunity. God is calling you to realize your true nature. Respond to the call of God within you. Now that you know of the treasure within, what will you do about it? Will you not arrange conditions so that you can realize God as soon as possible? We know the way to realization. All that remains is for us to do our part.

God is calling, God is calling! No matter what seems to be in the way of my conscious experience with God, I will maintain my disciplines and practices and know God in this incarnation.

Seventy-Fourth Day
EVERY MOMENT IS PRECIOUS

Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you: for he that walketh in the darkness knoweth not whither he goeth. While ye have the light, believe in the light, that ye may be the children of light. – *John 12:35, 36*

The boat which carries souls across the river of delusion to the far shore of self-realization is ready to depart. Who will go? Who will go? If no one goes, I will go! – *Swami Sri Yukteswar*

Even when highly proficient, until we are self-realized we can only accomplish so much through our personal efforts. When in partnership with God, the seeming impossible can be experienced. God wants to express through us in full power and certainty. The potential is indeed within us. Every moment is precious as we continue on the path to discovery.

While you have the opportunity to unfold, do your very best to harmonize with the laws of mind and consciousness. Surrender ego-drive and allow grace to carry you to freedom in God. Use your talents, your energies, your wisdom, to know God as soon as possible and as fully as possible. You will then have fulfilled the real purpose of human experience.

I balance my yearning for God with patience. I am patient, allowing for soul unfoldment, while I continue to yearn for full awareness of true knowledge. Thank you, God, for being the light that never fails.

Seventy-Fifth Day
THE CREATIVE WAY OF NATURE

I have planted, Apollos watered; but God gave the increase. So then neither is he that planteth anything, neither he that watereth; but God that giveth the increase. Now he that planteth and he that watereth are one: and every man shall receive his own reward according to his own labour. *– I Corinthians 3:6–8*

Physical concepts are free creations of the human mind, and are not, however it may seem, uniquely determined by the external world. *– Albert Einstein*

We are to participate with nature's laws while remembering that all we are doing is preparing conditions so that life can perform as it is inclined to perform. A gardener prepares the soil, plants the seeds and provides water. Beyond that he is powerless to cause seeds to sprout, grow and mature. A physician arranges conditions in the patient so that life can do the healing. Even when we accomplish purposes and achieve goals, we but make necessary arrangements so that conditions emerge as planned or desired. In all matters, it is God that gives the increase.

We are free to think, to plan, to picture in the mind, without any external influence. Our mind is part of one mind, the mind of God. When we work in cooperation with the mind of God, we are able to experience success without fail. This is why we say that we do the best we can, the results belong to God. Inwardly be happy that you know the creative way of nature. Give thanks for this understanding and play your role in life wisely.

I make wise plans and do wise things. I allow for the ebb and flow of natural influences. I harmonize with the creative way of life and trust God to unfold in perfect order, on time and always in the most appropriate manner.

Seventy-Sixth Day
TRUTH RESIDES WITHIN US

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. – *Psalms 91:1, 2*

All which thy child's mistake fancied as lost, I have stored for thee at home. Rise, clasp My hand, and come!
– *Francis Thompson (The Hound of Heaven)*

To be enlightened is to consciously know the truth about God and the world process. At the soul level, we already know this truth and this process. We do not, in truth, become enlightened. We awaken to understanding and this is referred to as enlightenment. We cannot cause enlightenment but we can make useful preparations to allow it to be experienced.

To rest in the awareness of pure consciousness during meditation is to dwell in the secret place of the most High. As we continue to experience such deep and profound meditation, we are able to maintain our awareness of God at all times, regardless of what we are doing during random hours. In our unknowingness, we assume that we are removed from God and that all is lost. We find, however, that the truth of life has always been stored at the center of our very being. Respond to the urge to awaken and know God. God's grace will see you through the entire process.

At the soul level I have always been enlightened. I am poised in clear understanding and I live my life as a fully conscious person. I trust God and I am refreshed and strengthened by God's influence in my life.

Seventy-Seventh Day
SUPERCONSCIOUS INFLUENCES

And straightway coming up out of the water, he saw the heavens opened, and the Spirit like a dove descending upon him.– *Mark 1:10*

At the spiritual eye shines the light of God in man. The spiritual eye is the inner door that leads the soul of man into the realm of divine glory of God. God dwells in man and God can be known only when man enters the inner sanctuary of his pure and illumined consciousness. – *Lahiri Mahasaya*

When our inward gaze flows to the source of life in the body, during occasions of deep meditation or sudden movement of creative force, we become aware of the spiritual eye, the single eye through which descending currents flow from the brain into the body. During meditation we intentionally flow to this center in order to experience transcendence and finer perceptions.

After meditation, be open to the downward flow of superconscious influences. These influences are of the soul and they will, if allowed to circulate, cleanse the mental field and refine the nervous system. The physical body, too, can be regenerated as a result of superconscious influences. We turn back to the source of life within during meditation. We allow superconscious influences to have full play, under the guidance of inborn intelligence, at all other times.

I meditate easily, naturally and correctly. During meditation I experience the full measure of soul awareness. After meditation I remain open to the creative play of superconscious influences.

Seventy-Eighth Day
YOU ARE A SPIRITUAL BEING

For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. *– Romans 8:5, 6*

We naturally flow attention to areas of greater interest. Little does the average person know that when one is possessed of spiritual understanding, all conditions in the physical world are ordered in perfect proportion.

Some people think of themselves as a physical body and of the material world as the only real world. They, therefore, use available time and energy relating to the body and the world. They are, as a result, dead to the life of the Spirit. On the other hand, they who seek spiritual understanding move steadily in the direction of soul awakening and true realization. The result is that the latter find heaven in the material world which others assume to be solid and real. The material world is formed of the energy of consciousness. The body we use is a convenience for relating to the material world. All things in proper proportion, should be our guide.

Do not deny the body and do not be averse to relating to the material world. Live from soul awareness and make right use of the body and the substance of the world. In this way you will experience spiritual freedom right where you are.

I see all things in perspective. I live as a free spirit, with God as my intimate companion in all that I do. I move freely through the material world which is the energy of God formed as I behold it. Being free now, I will be free forever.

Seventy-Ninth Day
GOD IS OUR SURE SUPPORT

Fear thou not; for I am with thee: be not dismayed: for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. – *Isaiah 41:10*

A saint was once concerned about the welfare of his disciples and he prayed about the matter. The inner voice of revelation responded: "Those whom you love, I love, and no harm can come to them."

The righteousness pervading this world is the supportive evolutionary influence which was imparted to the creative process at the beginning of creation. When we are open to life's supportive influence we are led through circumstances in harmony and with appropriate conditions naturally unfolding. No person who is in tune with life can be injured because, for him, nature is his friend. God has given us the power of discernment and the freedom to make choices. We do the best we can and then trust God in all matters. God strengthens us from within. God helps us even when we do not know how to help ourselves. God upholds us even when we have no visible means of support. It is folly to affirm that we are on the spiritual path and, yet, allow fear to influence us. Do the work at hand, knowing that right where you are, God is. God has brought you this far in life. God will take you the rest of the way without fail.

The reality of God is within me and around me. The manifesting presence of God is ever the operant influence in the world. Right here, right now, God is, in fullness and power. Thank you, God.

Eightieth Day
BE SUCCESSFUL IN ALL WAYS

And he said unto him, Son, thou art ever with me, and all that I have is thine. – *Luke 15:31*

If he keeps faithfully busy each hour of the working day he may safely leave the final result to itself. He can with perfect certainty count on waking some fine morning, to find himself one of the competent ones of his generation, in whatever pursuit he may have singled out. – *William James*

To be successful is to thrive, to flourish and to experience the completion of purposes. Nature shows us the example. Nature thrives, flourishes and fulfills cycles of destined purpose. One who learns the principles of success and applies them to daily life will be more likely to be successful on the spiritual path, also. It is a matter of attitude, a matter of willingness to mature and experience what we are intended to experience.

There is no virtue in failure. There is no advantage in being incompetent. Be a success, be competent, be the full expression of God you are supposed to be! Keep in mind that you already have everything provided because you are a child of God. All you have to do is learn to make wise use of what you know and have. All you have to do is to remain steady in your planned ventures. You will then experience real success. You cannot set an example for others or be of any real use to others if you are not successful. The most successful person is the one who realizes his divine nature. It naturally follows that one will then do his appointed duty in the world. Think like a successful person. Feel like a successful person. Be a successful person.

I realize that God has given me everything. I make wise use of things, of time and energy, of all my talents. I accept success and fulfillment as the soul's natural unfoldment and expression.

Eighty-First Day
WORK TOGETHER FOR GOOD

Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. *– Matthew 18:19*

Now, being reminded of your duty, you should not hesitate to act. There exists no greater opportunity for good than to become creatively involved with pressing issues. *– Bhagavad-Gita*

If you have friends and associates with whom to share your goals and dreams, join them on a regular schedule to plan well and envision results clearly—believing. The most important relationship we have is with God, our higher reality. However, we do have the opportunity to work with others for common ends. Be sure those who work with you understand the principles and are able to stand with you in mind and consciousness.

When there is agreement between levels of mind, there is order and right action. When there is agreement between minds, there is order and right action. We work together, with God as our invisible partner, for it is God who makes things possible. God is the author of the final result. Consider this world as the field upon which you test the principles of mind and consciousness. Work with the law of right action, for good. Ask clearly, touch (feel it done) in total agreement and observe constructive results.

I understand the laws of mind and consciousness. I work with others to ask correctly, agree completely, and leave the results to God. I do my part as I trust life to unfold and move in the direction of completion of purposes.

Eighty-Second Day
BEING SURRENDERED AND RESPONSIVE

Blessed is the man that walketh not in the counsel of the ungodly .....But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

– Psalms 1:1–3

True renunciation is difficult to attain without self-discipline; the same who is sincere in non-attached action attains the realization of God quickly. He who is trained in this way and is pure in soul, who is the master of his nature and who has conquered the senses, whose sole realization is that he is aware that he is the life of all beings, he is not tainted by works, even though he is active. *– Bhagavad-Gita*

Surrender does not mean to be a victim of circumstances. It means to give up self-will and be open to life. The ideal is to surrender to nature's laws of creative action, to be responsive to inner guidance and outer opportunity. When we are correctly surrendered and responsive to life we are supremely alive, vibrant and vital. There is no permanent happiness to be known unless we are spiritually open and in harmony with life. Random motions in time and space are vanity as compared to what can be experienced and known.

In everything that I do I surrender to God's will. Through discernment and intuition I learn to tell the difference between subconscious urges and true soul guidance. I am open to life. I am responsive and always appropriate in my timing.

Eighty-Third Day
ONWARD TO VICTORY

Brethren, I count not myself to have apprehended; but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark....
– Philippians 3:13, 14

If you throw your will on the side of victory, then the whole of the universe of reality throws itself behind your will, releases it, reinforces it, redeems it – and you. *– E. Stanley Jones*

Even before we are able to fully understand the process, if we will take, on faith, the teachings of enlightened persons we will give ourselves totally to whatever venture seems useful and truly worthwhile. Do not remain anchored by memories of past failures. Do not rest on past achievements. Life is to be lived and fully experienced. Whatever your reasonable goal, whatever your life's purpose, anticipate it and do all within your power to make it a reality.

Go with the principles of mind and consciousness and your will shall be on the side of certain victory. You cannot fail to succeed when you are determined to harmonize with procedures and processes that make fulfillment possible. It is true that when we are rightly resolved, and correctly involved, the power of the universe contributes to our success. Put yourself in the flow of life and prosper in all ways.

I abide by the principles of mind and consciousness which contribute to success and fulfillment in all useful ventures. I open myself to the influence of infinite good, as it works with me and through me to accomplish much.

Eighty-Fourth Day
PROVE THE PRINCIPLE

What doeth it profit, my brethren, though a man say he hath faith, and have not works? can faith save him? – For as the body without the spirit is dead, so faith without works is dead also.
– James 2:14 & 26

The vivid force of his mind prevailed, and he fared forth far beyond the flaming ramparts of the heavens and traversed the boundless universe in thought and mind. *– Lucretius*

We have heard comments to the effect, "Don't tell me about it, show me!" We may know of the principles and speak of the principles but unless we give our ideas a body, unless we make them tangible, they are not useful to any practical purpose. Let your useful thoughts be followed by useful deeds. Do worthwhile things in this world and prove your good intentions.

There is so much we can do. There are human needs to be met. There are hurts to be healed. Let us not say that we have nothing to do. Let us be like our spiritual heroes who, having realized the highest truth, continue to assist the growing world. Let us be about our spiritual duties in the most practical ways. Let us infuse the Spirit of God into the material universe in greater evidence and measure. God wants to express through you and through me. Are we open to God's inclinations? Are we attentive to our duties and responsibilities? Do we possess faith and do works?

I prove the principles of mind and consciousness every day. I am possessed of dynamic and living faith and I follow through so that my faith is embodied as useful happenings. I am not merely one who hears the word and thinks about the word: I prove the word.

Eighty-Fifth Day
THE SECRET OF MASTERY

...but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity. – Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. *– I Timothy 4:12 & 15*

A person who studies this wisdom in the right light becomes free. One who hears about and believes, shall become God-like.
– Bhagavad-Gita

The way to be a spiritual master is to act like one. How does a spiritual master behave? He observes the basic principles, cultivates the virtues and in all ways represents the highest and best of which a soul is capable. The only way to experience mastery is to do what is necessary to be a spiritual master. Only a few out of the many who practice the principles experience liberation of consciousness in the current life-cycle. This has nothing to do with you. You can, if you are rightly resolved, awaken completely in this incarnation.

You are not alone in your efforts. God's grace is with you and the blessings of all who have awakened before you are with you. You have the benevolent influence of the universe working with you in all that you do. Arrange all conditions in your life so that you are increasingly open to the flow of grace. Unfold in the direction of cosmic consciousness and actualize your realizations every step of the way. Embody the virtues, live the ideal life, fulfill your destiny. There will never be a better time than now to accomplish this.

I order my thoughts, feelings and behavior to conform to the highest ideal of soul awareness. I believe so strongly in the principles that I follow through with intentional action to manifest them in my life.

Eighty-Sixth Day
THE DAWNING OF THE NEW ERA

Now learn a parable of the fig tree; When her branch is yet tender, and putteth forth leaves, ye know that summer is near: So ye in like manner, when ye shall see these things come to pass, know that it is nigh, even at the doors. *– Mark 13:28, 29*

Four thousands of years, they say, is the Golden Age of the world. Its morning twilight has just as many hundreds, and its period of evening dusk is of the same length. *– Manu Samhita*

We are in the dawning of the Age of Enlightenment. After centuries of human unawareness, the light of Spirit is emerging on a planetary scale. We are seeing the end of one era and the unfolding of another. This is the process of evolution and is nothing to fear. To the contrary, it is cause for rejoicing because millions will experience greater fulfillment and true happiness. We can observe the signs all about us, informing us of rapid transformation. The next few hundred years will see an acceleration in spiritual awakening among the people of the world.

Play your role in this awakening process by being as conscious as possible and as attentive to spiritual principles as possible. See to your physical duties, your social duties, your moral duties and your daily studies. You can realize greater success on the spiritual path now, than ever before in human history.

I welcome the dawning of the Age of Enlightenment! I rejoice to see evidence of transformation and purification of planetary consciousness. I harmonize with natural laws as I live as an ideal citizen of the New Era.

Eighty-Seventh Day
TIMELESS PERFECTION

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth. – The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore. *– Psalms 121:1 & 8*

Beginning of the teaching for life, the instructions for well-being ....Knowing how to answer one who speaks, To reply to one who sends a message. *– Amenemope*

We are told of how the very presence of an enlightened person sheds truth and grace to one and all who can receive it. When we are established in the awareness of the presence of God we do not have to strain to share God's goodness. The force of the ocean is behind the wave. God through and, as, each one of us will flow to meet needs to the degree that we are open to this benevolent activity. The secret is to keep our inner vision on God and to know the true source of help.

Be attentive to practical matters, also. Be skilled in the basics and the more advanced processes will naturally unfold. Be true to life as life presents you with responsibilities. In this way, prepare yourself for higher service. When we are open to life, God will do what must be done with perfect timing and timeless perfection.

I remain open to the source of all good and I allow God's benevolence to flow through me to bless my world. While remaining open to cosmic realities, I attend to personal details with skill and perfect attention.

Eighty-Eighth Day
HOW TO SHARE THE TRUTH

Go ye into all the world, and preach the gospel to every creature. – And they went forth, and preached every where, the Lord working with them, and confirming the word with signs following.

– Mark 16:15 & 20

The liberated soul, endowed with knowledge of Supreme Consciousness, gives up the traits of previous restricting characteristics. Because of his realization he knows himself as Supreme Consciousness.

– Shankara

Before we can share anything with anyone we must first see to our own qualifications. We must know the principles and we must have a working knowledge of the principles. Live the ideal life and your daily relationships will be your opportunity to minister to others. Share the good news that every person is divine. Share the good news that any person who is sincere in his quest for true knowledge can experience freedom in this incarnation. Share the good news that healings can be experienced and that fulfillment extends from the soul level through mind and into body and affairs.

Teach the truth, not theories. Teach that which is so, not a humanized version to pacify immature minds. Give God the credit, accept no personal credit for the truth that sets one free. In this way you will be about God's business, whatever your station in life. You will be doing your part to manifest heaven on earth.

Wherever I am, I live the truth and share it with others in silent and practical ways. I see the divine nature awakening and emerging through every person I meet and with whom I relate.

Eighty-Ninth Day
GETTING THROUGH CHALLENGES

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. *– II Corinthians 12:9*

Nonviolence and truth are inseparable and presuppose one another. There is no god higher than truth. *– Mahatma Gandhi*

It is the rare person who never confronts a challenge. It may be that external affairs need to be faced and handled. It may be that a physical challenge arises or a psychological disturbance needs to be cleared. We are endowed with inborn intelligence to solve problems and with the aptitude to flow with nature's laws to contribute to health and function. While facing any challenge, remember that God within you is more than willing to help you get through it.

God's grace is the activity of creative life in us. To the degree that this is released, to the degree that we can surrender to it and cooperate with it, will we see adjustments made in the direction of order, harmony, health, function and true prosperity. When a challenge is so severe that you do not know what to do, pray and meditate—then be still and trust God completely. The larger Self of us always knows better than we do at the conditioned mind level. Be open to God's influence. Every challenge is an opportunity to see more clearly the truth of life.

When faced with challenge I will do my best to get through it with inborn intelligence and practical procedures. Always, I will be open to the activity of grace in my life. I know that God's grace is more than sufficient to help me meet all challenge.

Nintieth Day
THE GREAT INITIATION

Father, into thy hands I commend my spirit: and having said this, he gave up the ghost. – *Luke 23:46*

When the moment comes to depart this world, do so without regret. Move easily into the larger realm of expression. Accept God's will in the matter. God will be your guide.

The most useful preparation for departing this world, for experiencing the great initiation, is to live daily in the awareness of the presence of God. No matter how long one lives in the body, the time will come when one must leave it. Just as birth into this world was natural, so leaving is natural. Live as an immortal spirit even while relating to this world's duties. Leave no needed thing undone. Be settled in the realization of your true nature and be ready to move into subtle realms when the moment comes.

Surrender to the process in perfect faith. Contemplate the inner light and move through it to that which is beyond it. Just as God has seen to your needs in this world, God will see to your needs in the realms yet to be experienced. You will always be you. Your spiritual attainment will not be lost. You will continue to unfold and become increasingly conscious until you experience transcendental beingness. This is the grand design for all of us. Whatever we experience, it is God experiencing. Whatever unfolds, it is God's grace.

I live each day in the full awareness of God's reality. I appreciate the moment, plan for the future and leave all results to God. I know that transition is but an initiation into a larger sphere of life. I am surrendered to God's will.

Ninety-First Day
THE SUM AND SUBSTANCE OF LIFE

Vanity of vanities, saith the Preacher, vanity of vanities, all is vanity. What profit hath a man of all his labour which he taketh under the sun? One generation passeth away, and another generation cometh: but the earth abideth for ever. The sun also ariseth.

– Ecclesiastes 1:2–5

Look now how mortals are blaming the gods for they say that evils come from us, but in fact they themselves have woes beyond their share because of their own follies. *– Homer (The Illiad)*

The great essential, if we would be possessed of understanding and live the kind of life we are meant to live, is to be honest with ourselves and honest with the world. Man fully relating to the material world is vain and small-minded. He does not grasp the cosmic picture. Living less than the ideal life man then often makes the mistake of blaming higher powers for his own misfortune.

We have it within our power to awaken to full understanding, cooperate with the laws of nature, mind and consciousness, and fulfill our purposes. Only a little attention given to important matters will put an end to troubles and start us on the right path in life. We are here for but a short duration, in relationship to the seemingly timeless destiny of the universe. How shall we live our lives? What shall we do to be a useful and conscious part of the total process? Let no person say that he does not know the way. Let each say, "I know the way and I will walk in it!"

I am self-honest about myself and my relationship with God. I am willing to open my mind and consciousness to total understanding. I see life in proper perspective and I do my best to consciously fulfill my destiny in God's grand plan.

OPEN YOUR LIFE TO TOTAL UNDERSTANDING

Inwardly know that you have the capacity to comprehend the total process of life. The knowledge of the nature of God and the world process is within you at the soul level. The life of you is God's life. The intelligence you use is God's intelligence.

As often as inclined, study the basic principles explaining the workings of the laws of mind and consciousness. Do not despair if there are subtle matters you do not immediately comprehend. Be steady in your study and contemplation. Gradually, insights will be experienced and the total process will be more and more clear to you.

As understanding is experienced, live from the new level of understanding. Actualize, make real, the principles you realize. Until final realization is experienced, the possibilities of insights are ever-new. Consider the awakening process as a grand adventure. Be reminded that others have gone through the process before you and that more will follow you.

To the degree that you are conscious of the truth about life, to this degree is the awareness of all mankind illumined and clarified. Do you see how important you are to the process? Your increased understanding not only blesses you, it blesses all people and the universe. God is seeking freedom through you.

The Power That Nourishes the Universe

The power that nourishes the universe will supply us with every needed thing to the degree that we are open to it. The abundance of life is all about us and is expressing in the direction of fulfillment at every moment. We need only to become aware of the activity of good and arrange conditions so that the natural inclination of life can flow through and around us.

There is no independent universe, and there is no individual person. There is only consciousness, formless and formed. The field of pure and infinite consciousness exists of itself and a portion of this field manifests as the universe—the planes, spheres, dimensions, realms, worlds and galaxies. Unique and specialized expressions of consciousness, endowed with intelligence, are referred to as souls. The energy of God manifests as the worlds, and the vital life of God animates forms.

We only assume ourselves to be individualized beings. We falsely conceive that we are bound to a mind and a body. Our real, larger nature is omnipresent because our larger nature is God. It is not correct to assert, "I am God." It is correct to know, "God is expressing as me, as the ocean expresses as the wave." Until we awaken to the truth about our true being and our relationship with the ocean of consciousness, we wander through the corridors of space and

time in an unconscious manner. Our home is the ocean of consciousness, the world of higher reality, but when we are in conditioned consciousness we remain forgetful of this fact. Any condition or circumstance of restriction cannot be permanent because change is part of the fabric of creation. We have freedom of choice; whether to remain restricted or whether to rise free and express our unlimited soul potential.

The field of infinite consciousness is referred to as God. The names we use to designate this field of consciousness are ours. The field itself has no personal preference regarding names and designations, it is just what it is. People in primitive consciousness used to think that God took offense because of man's errors and meted out punishment. This was the human view of the working out of the law of causation. When we go against nature's laws we suffer due to our own lack of understanding. The laws and principles of nature are impartial. We can abide by them and flourish or we can go contrary to them and experience misfortune. The will, the inclination of life is in the direction of fulfillment; but if man, with freedom of choice, elects to work against the laws of nature the results are predictable.

Many who read these pages will have had prior experience in relationship to various religious traditions and teachings. It may be that you will have to come to terms with what God really is, in contrast to what you once believed God to be. Confront this challenge and come into a clear understanding of the nature of God. You will then learn that God is benevolent, supportive and always responsive to you. Be true to your religious or spiritual practices, with the tradition of your choice, but learn to see through the symbols and stories to the inner essence of the message. The underlying essence of all vital religious teachings is the same. There is but one ocean of consciousness, one God, and we are all made in the image and likeness of God. That is, we are specialized units of consciousness and we are possessed of

all of the characteristics and attributes of the larger field of consciousness. The power and reality of God indwells us, at the soul level, in equal measure and potential.

Because there is but one reality, one ocean of consciousness, there can only be one power. Do not think in terms of powers and influences other than the power of God. Because the force of consciousness expresses in so many ways, and through a variety of circumstances and events, it may seem that varied powers exist. Throughout all of nature we can observe opposing influences; polarity as well as tendencies in the direction of uplift, heaviness, and movement to complete purposes. These tendencies are but expressions of the one power in various aspects. Keep in mind that among the various expressions of force in the universe, there is a strong influence in the direction of fulfillment of creative purposes. When we can flow with this influence we are carried along to personal fulfillment. Spiritual awakening is assured, and enlightenment of consciousness results. This force of evolution in the direction of fulfillment of purposes has been referred to, by various spiritual teachers, as the activity of grace. No person can be worthy of grace because of good works and no person can be denied the influence of grace because of past actions. All that is required is that one be open to the influence in order for the grace of God to be experienced.

Whenever we seem to confront a force in opposition to the ideal of good, of health and function, of fulfillment, we need to relax the conscious mind and be reminded that we are attuned to the one power in the universe which, alone, can carry us through all seeming obstacles. There are no evil forces in the universe. There are energies in motion which are performing needed duties and there are energies in motion which are influenced by unclear people, but evil does not exist as an influence apart from God. Creation (manifestation), preservation and change are part of the

world process. When a relationship is no longer useful, it dissolves. When an organization is no longer useful it becomes dead, is dissolved or is revitalized. Anything in nature which does not serve a useful purpose fades away. The old makes way for the new. Life continues to unfold and express. Harmony can replace disharmony, function can replace dysfunction, understanding and inner freedom can replace misunderstanding and bondage. As often as you need to do so, affirm within yourself, "There is only one reality and one power in the universe, with which I am attuned and with which I perform my duties."

Finally, because there is but one field of consciousness and but one influential power, there is but one substance making up all that is manifesting. Everything in nature is formed of a basic, primal, stuff. The subtle element-influences vary in combinations but the one substance is all there is, in almost infinite variety of expressions. The things with which we deal every day are formed of the basic substance. Energy forms as matter and consciousness is the origin of energy. We can use, now, as much of this energy as we have purpose in using, as we are able to be responsible for using. There is no increase and there is no decrease in energy. Nature does not care how expansive is your life. Nature does not care if you are engaged in large ventures or small ones. Making wise use of the substance of nature is a spiritual discipline. Your choice of lifestyle is up to you. Your choice of things to use for convenience is up to you. You can live in a large house or one of modest proportions. You can wear an expensive watch or a less costly brand. You can drive a deluxe automobile or a simple one. The choice is your own, and nature does not care. The life of nature, God, does not care about your personal preferences. The ideal is to live a fulfilled life and to make wise use of all that is about you. Everything in the manifest world is relative, to our perceptions, because the consciousness of

God contains everything and is everything. Limitations, if they exist, reside in your own mind.

Make God your companion in all that you do by being aware of the one life, the one power and the one manifesting substance. Learn to harmonize with the laws of mind and consciousness. Find your true place in life and unfold your inborn potential. This is the purpose of your having been born into this world. Learn to make right use of all that God has provided you. Seek a conscious relationship with God and His way of righteousness and all that you require will be abundantly provided. We are emphasizing the ideal of a personal relationship with God in all relationships and all ventures.

MEDITATION
AS A CREATIVE PROCESS

Meditation is easily experienced. When we sit to meditate we merely allow the body to relax, the mental field to become clear, the feelings to be settled and an inner awareness of being to be experienced. Here are steps to meditating with benefit. Practice daily on a regular schedule.

1. Be still in a quiet place, with eyes closed. Pray to God, to be attuned and open. Inwardly know that God is around you and within you. Let your attention flow upward to the point between the eyebrows or the upper brain, without strain. Be still, watching the breathing rhythm until you are calm.

2. Rest in the silence and experience deep calmness, peace and contentment. Let your mind and inner being be saturated with calmness, peace and contentment.

3. Come out of meditation slowly. Feel that your mind and body is being nourished by superconscious energies and influences. Feel that your mind is being cleansed and ordered, your emotional nature harmonized and your circumstances perfectly adjusted.

4. Love and bless your world. Know that your world is a manifestation of God. Know that all people are divine. Know that the energies in nature are supportive of you and of all people.

5. Go about your daily routine with purpose, knowing that God is your friend and companion in all that you do.

What Must We Do to Awaken to the Truth?

The first step in the direction of total spiritual freedom is to turn attention from the outer to the inner, from over-identification with surface matters to awareness of inner realities. To repent is to turn back to the source. If one will desire to know God, the process of awakening will begin and continue until the stages and degrees of soul unfoldment are experienced. As one abides by useful guidelines, the ultimate realization will be certain. Outer forms and rituals vary, the inner process is similar for all devotees of God, on whatever chosen path they find agreeable and useful to their purposes. Christians, Moslems, Hindus, Buddhists, Jews, practitioners of Yoga, attentive New Thought students—all will eventually know the truth if they persist in their destined way. When we are surrendered to God, we are carried along to final freedom in God. Every enlightenment tradition emphasizes the importance of yearning to know God, and attending to suitable disciplines designed to cleanse the mental field and emotional nature of all that restricts soul perception.

What are some of the disciplines recommended by enlightenment teachers? Are they practical for people in all circumstances? Can they be experienced no matter our station in life? These are questions easily answered. All enlightenment traditions offer an outer teaching and an

inner teaching. The outer (exoteric) teaching is to guide all people to live a life in harmony with natural laws and to assist in the stabilizing of society. The inner (esoteric) teachings are for those who are prepared to more deeply examine the meaning of life and to enable them to make rapid progress on the spiritual path. The approach to the process of transformation is varied, according to the inclination of those involved. Some seek only for gradual or partial awakening. Others are more one-pointed and purposeful. A few are intense and give their all to the process. It is a matter of personal inclination and, sometimes, personal destiny. There are basic guidelines useful to all people, regardless of the depth of involvement. I will share a few such guidelines with you.

1. *Self-Discipline*—There can be no progress in the desired direction without self-discipline. Yes, when we are open and responsive to guidance from within, we are appropriate and spontaneously correct in all that we do. Until this is experienced, we are in need of learning to adjust the mental attitude, ordering thought processes, harmonizing feelings, and seeing to necessary behavior modification so that our actions are consistent with our purposes and plans. To be self-disciplined demands a willingness to be responsible and mature. It is truly amazing how much we can accomplish if we are willing to be responsible for our mental attitude, our thinking pattern, our emotional states, and our behavior! Decide what is important and what is not important. Establish priorities. Pay attention to the essentials. Quicken your spiritual evolution by condensing experience through concentration. Think of the time and energy needlessly wasted! Time and energy is the stuff of our very life! Be goal-directed, live with purpose, use time and direct energy intelligently to achieve intended results.

2. *Study and Contemplation*—Much of what we want to know has already been known by others before. Insights

we desire to have have already been experienced by others who have shared with us in books and sacred texts. Study the nature of consciousness, the nature of God, the nature of the soul, the purpose of life, how to relate to the world—study and acquire useful information. After acquiring the information, contemplate it and examine it in order to have your own personal understanding. Take on faith what enlightened teachers declare to be true, then test the principles in the fires of personal experience and make them your own! Information is not realization. Realization is not final until it has *embodied* you, until you are *of* the truth.

3. *Prayer and Meditation*—Learn to pray to God and commune with God. Begin from your level of understanding and progress until you rest in the awareness of your unity with all life—until you are fully conscious that the infinite ocean of consciousness is your larger true reality. Practice meditation, correctly and on a regular schedule. Allow the body to relax, the mental field to become clear, the emotional nature to be settled, and experience transcendental awareness. Rest in this superconscious experience for the duration of meditation.

4. *Surrender to God*—What do we surrender? We surrender the sense of separate existence, the ego-self. When this is surrendered we naturally experience cosmic consciousness. We are, of course, aware of a degree of individuality but our sense of individuality is only a fragment of the ocean of consciousness. See yourself as both the ocean and the wave, as the cosmic and the particularized.

5. *Live the Ideal Life*—Attention to the basic guidelines is not fully useful if we do not actualize, make real, the soul qualities. What is the ideal life? This is a matter of personal destiny. Whatever are your talents and abilities, whatever you have to share with your world, find some way to intelligently do so. This is the most direct approach to working in harmony with God's will on earth. Attend to your duties

with a cheerful heart, knowing that all that you do is important to the total process. See to your material needs and to the material needs of those for whom you are responsible. See to health and function on all levels: spiritual, mental, emotional, physical, in relationships, and relative to ventures and projects. Contribute to the health of your immediate environment and your society. Maintain a stable world and assist others in the direction of wholeness. Attend to your spiritual practices. Yearn for the awareness of God all the time, even while involved in routine matters. Do not separate the material, social and spiritual aspects of your life. Let God be with you in all that you do. Share your resources with others, according to their need and your capacity and guidance. Work for the spiritual awakening of the world. Be a conscious and willing representative of God in this world. Whatever you have to use and share wisely, do so. You will find that more is made available to you. You cannot exhaust the treasure house of the universe because the source of all that is, is God.

These basic guidelines apply to all people on the spiritual path, no matter where they live, their station in life, or the culture in which they were born. They are universally applicable. They are within range of practice of everyone. We often ask, "What can I do to help others and the world?" We can regulate internal conditions and train ourselves to see clearly. We can unfold the divine qualities right where we are. We can radiate love and goodwill. We can be as perfect in our practices as possible in the moment. We can make bright the place in life we presently occupy. These are things we can do, and it requires nothing more than the willingness to do them. We are not asked to do the impossible. We are only invited to do all we can, as well as we can, to the full measure of our capacities.

Let the practitioner of Yoga aim constantly to concentrate his mind on the Supreme Reality, remaining in solitude and alone, self-controlled, free from desires and longings for possessions or sense experiences.

Having his body positioned in a firm posture, where he is comfortable and in a quiet place, let him make his mind one-pointed and controlling thought and senses, let him practice pure contemplation in order to attain inward purity.

Holding the body, head and neck erect and still, flowing the attention to the third eye (the place between the eyebrows) without allowing his eyes to wander.

Serene and fearless, firm in his vow of self-control, subdued in mind, let him sit, harmonized, his attention flowing to Supreme Reality alone.

The devoted person of controlled mind, ever remaining harmonized, attains to peace, the supreme realization.

– BHAGAVAD-GITA

PRAY CORRECTLY AND PRACTICE GOD'S PRESENCE

When you pray, talk with God as your nearest and dearest friend. Know that God is your Larger True Self, the infinite ocean of consciousness. Know that you are a wave on this ocean of consciousness and that it is God's good will to love and bless you totally.

Pray for attunement and understanding. Pray for a conscious relationship with God. Follow the leading of your heart when you pray. Pray until you experience release and fulfillment.

If you pray for results in your world, work in harmony with the laws of mind and consciousness. First be attuned to God and God's will. Then inwardly see (visualize) yourself as you will be when your prayer is answered, when your goal is achieved, when you are fulfilled. Feel this with all of the qualities of being real—now. Know that all things are possible. Emerge from your prayer session with a feeling of conviction, with an attitude of rejoicing and thankfulness.

Follow through and do the best you can to do your part in the creative process. Leave yourself open to unplanned good, knowing that God has ways you may not understand. Trust life. Trust God. Look to the source of everything. It knows how to meet you at your level of need, on time and in abundance.

The Influence of Grace in the Surrendered Life

The activity of grace is an understandable process. Look about you and see how life moves in the direction of fulfillment! This is the force of evolution. This is God's grace. Doesn't that make it easier to understand? Can you now see that it is possible for you to attune yourself to this evolutionary force and flow along with it to ultimate good?

The impulse in the direction of completion was imparted to nature when energies first emerged from the unmanifest field of consciousness, and began to move in the direction of world processes. In all that you do, remain aware of the fact that nature does have this inborn tendency in the direction of fulfillment; therefore, there is a support system in all of nature which upholds, maintains and fully supports creative intentions. Just as individuals are awakening in the direction of total realization, so the world itself is awakening and experiencing purification and change in the direction of a more refined condition. God's will cannot be denied, and we can consciously choose to cooperate with it.

I have purposely emphasized the ideal of experiencing the fullness of God in our moment-to-moment encounters and relationships. To think in terms of eventual fulfillment is to delay what can be known now. We can accept the goodness of life because we are portions of the ocean of consciousness and it is our destiny to be open and knowl-

edgeable. God's grace is readily evidenced when we are open to it. God's grace is influential even when we are not totally aware of it, because the evolutionary force of nature carries us to fulfillment even when we prefer not to acknowledge it.

Do not think that God is not concerned with your intimate daily involvements. God contains everything because God is omnipresent. God is omnipotent, all power. God is omniscient, all knowing. God is fully and consciously aware because God is Self-conscious. Every little thing that occurs in the universe is known by the larger conscious being we call God.

It is even true to say that God *wants* us to be happy, to be in health, and to prosper in all ways. We are not projecting our ideas upon God when we assert this; we are merely stating an obvious truth. Nature's inclination is in the direction of health, function and the completion of purposes. This is God's will. This is what God *wants* of His world. This is what God *wants* of us. Can you believe this to be true for yourself? Can you accept it as being part of the plan? Can you open yourself and allow it to be experienced? The soul of you, I know, says, "Yes," to life. The mental-emotional conditionings may urge something to the contrary. Remove those conditionings. Open your mind to infinite good. Let the bright and shining *you* of God come into full expression.

The Lord is my shepherd: I shall not want.

He maketh me to lie down in green pastures; he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

– PSALM 23

A PRACTICAL GUIDE TO IDEAL LIVING

Learn to live a simple life. Be as creative and as result-producing as you feel inclined but learn to simplify matters. Establish your priorities. Decide what is important and what is not important. Give your attention to what is important and renounce what is not important. Attend to the following areas:

1. *Physical duties*—See to the health and wellness of your body, the order and harmony of your environment and to the comfort and security of those for whom you are responsible. Experience prosperity to the degree that allows you freedom to meet your needs and to do things you want to do.

2. *Social Duties*—Contribute to the health and harmony of your world. Love and bless others and help to maintain a stable society. We share our world with others and we have an obligation to assist in the health and function of society.

3. *Moral Duties*—Cultivate the virtues and contribute to the improvement of the quality of life. Be honest, truthful, efficient, and make wise use of the substance of this world. Set an example to others.

4. *Spiritual Duties*—Attend to your spiritual duties. Yearn for a more conscious awareness of the presence of God until you are established in God-consciousness.

All of the above can be included in your daily program. In this way live a healthy and balanced life. In this way you will fulfill all of your personal obligations.

THE REALIZATION OF SPIRITUAL PERFECTION

The following aphorisms explain the essence of life, the nature of consciousness and the process of soul awakening and unfoldment leading to final liberation. Contemplate these concise statements on a regular schedule and become increasingly possessed of understanding. Reading them aloud from time to time will assist in concentration and comprehension.

1. **The realization of spiritual perfection is easy and natural.** Easy, because we have only to turn from untruth to Truth; from unknowingness to knowing. Natural, because at the very center of our being we are already bright, pure and clear.

2. **Truth is that which is so** about life. Not what one thinks is so, nor what one concludes to be so, but that which *is* so.

3. **Knowing the truth frees the mind** from bondage and from dependence upon externals. Knowing the truth results in liberation of consciousness.

4. **The realm of fulfillment exists now** and all can have access to it. We can live in the material world and still be aware of heaven; the experience of fulfillment. Fulfillment extends to all aspects and all levels of material manifestation.

5. **There is a pure realm, a nondual realm,** which remains ever the same. This field of consciousness is the cause and support of all outer manifestation. Extending Itself as the Cosmic Soul, Life appears as a Self-involved magnetic-electric field with full awareness. The Cosmic Soul is innately possessed of eternal being, total intelligent consciousness, and endless power.

6. **The tendencies toward brightness,** activity, and gravity exist in the Cosmic Soul and make possible the manifestation of the universes, the movements leading to evolutionary change, and final redemption.

7. **The Holy Spirit, the directing force of God,** shines on the moving creative energy of God and the Word (OM,AUM) of God is made manifest. The Word emerges from God, the Word is God, the Word extends into all material manifestation. God and the worlds are one.

8. **The substance of the manifest worlds** is made up of creative energy, light particles, space, and time. God, as this primal fabric, extends as the whole of creation. Behind this substance of which forms are made is the realm of the gods, the shining beings, souls no longer identified with matter. Coming through this primal substance, the gods (souls) are known as man. Awakening from material identification man knows once again the pure nature, and thus is experienced the realization of spiritual perfection.

9. **There is no independent universe,** and there is no individual person. The universe is an extension of primal substance, the result of outflowing force from God acted upon by the intelligence of God. The seeming individual person is but a specialized expression of the larger field of consciousness. God appears on the surface of manifest nature

as waves appear on the surface of the ocean. God is both the ocean and the wave; the Cosmic Soul and the specialized soul.

10. **Mind pervades the material universe.** There is but one Mind, the Mind of God. That which appears as individual mind is but a portion of the one Mind. Through this particularization of Mind, used by a material-conscious being, full conscious cooperation between man and God is possible. A unit of the consciousness of God, identified with mind, assuming itself to be mind, is known as man. The sense of individual existence is the result of temporary self-forgetfulness.

11. **Subtle aura-electricities** are the cause of material appearances. Interacting, they manifest as the electric realms. More fully extending, they appear as the physical universe. The universe, on all levels, from the Godhead to material manifestation, is really a play of lights and shadows, a forever occurring drama against the screen of space and time.

12. **As God is superior to the one Mind,** and through the one Mind superior to universal manifestation—so God, as the viewpoint known as the soul, is superior to particularized mind and to the personal environment. The universe is a reflection of inner causes and material bodies are reflections of inner causes and states of consciousness. There is, therefore, no division to be observed between mind and body.

13. **By adjusting states of consciousness** and mental attitudes, man can live creatively and freely in any universe. By awakening from the dream of mortality the soul consciously experiences its real and immortal nature. This is enlightenment. With the enlightenment experience the light of the

soul floods mind and body with cleansing influence. The experience of heaven on earth is then natural and effortless.

14. **By clearly understanding** that only one Life exists, we can flow with natural trends and live by grace. By such understanding and by such experience we are in harmony with a supportive universe and every person and even the energies in nature befriend and nourish us.

15. **The soul is already healthy and prosperous.** It is the nature of the soul to thrive, to flourish and to be successful, or fulfilled; just as it is the nature of God to thrive, to flourish and to fulfill intended purposes. A conscious being does not need to try to be happy, healthy and prosperous because happiness, health and freedom of expression are completely natural. Unhappiness, sickness and limitation are evidence of lack of soul awareness.

16. **The fulfillment of soul destiny is assured,** just as the fulfillment of God's will for the universe is assured. There is nothing to fear; all things work together in perfect harmony and move in the direction of good.

17. **The seeming stages of soul unfoldment** are but degrees of natural awakening. One does not build a spiritual consciousness; one awakens to the realization of spiritual perfection. Perfection is innate to the soul.

18. **The force that consciously powers the universe** can be known and experienced as a benevolent, supportive urge in the direction of completion of purposes. This is the assurance of fulfillment in all spheres, dimensions and realms.

19. **Behind the manifest realm is that pure essence** which remains ever the same. Behind man's mind and feeling nature

is that pure essence which remains ever the same. This pure essence is known during occasions of settled contemplation and during moments of spontaneous transcendence. As a result of clear self-awareness one knows inner causes and outer effects, and is possessed of inner knowledge and the understanding of the world drama.

20. **Firm in the realization of spiritual perfection**, the fully enlightened soul is forever at peace and experiences eternity in God.

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